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Rob Wilkins, with his son Robert, 13, participated in last year's 100 Miles for Hope challenge. Wilkins, a Legionnaire, serves on the President's Council on Sports, Fitness & Nutrition. Photo by Mike Kepka

## SOUNDS OF FREEDOM

Cheering survivors greet U.S. troops as the first Allied tanks enter the Mauthausen concentration camp May 7, 1945. National Archives



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### 'The Six Triple Eight'

I am so proud to be a Legionnaire after seeing how Matt Grills highlighted the women of the 6888th (February). It is timely, done with dignity and respect for those brave women, and it shows the overlooked accomplishments of Black Americans in the U.S. military. The 761st Tank Battalion should be next.

— Alvin C. McGary, Brandon, Fla.



Thank you to Matt Grills and James Theres for teaming up to honor the 6888th with this excellent cover story.

I'd like to clarify that the 6888th was not the only all-Black female unit to deploy to the European Theater of Operations during World War II. Omitting "WAC" is the most common mistake in writings and presentations about the 6888th. There are at least two, maybe three, other all-Black female units that deployed to the ETO: the 25th Nursing Station Unit that deployed to Liberia in 1943, an all-Black female nursing unit that arrived in Greenock, Scotland, in August 1944, and possibly the 404th, the Army's only all-Black female band.

Also, the 6888th did not deliver mail. Its mission was to sort, redirect and distribute repackaged and censored mail for delivery. And based on our research, the 17 million pieces of mail mentioned is not a

number achieved over an eight-month period, but over a three-month period during the unit's time in Birmingham, England (February to May 1945). Such an achievement in such a short time attests to the superior performance of the unit's mission of completing a six-month Army task in just three months. No specific numbers for Rouen and Paris, France, have been located, but once found those should be added to the 17 million.

— Carlton G. Philpot,  
chairman and project director,  
6888th Monument Project

Some decry the tooth-to-tail ratio, but it is outstanding support services that keep the teeth biting the enemy. Robert Shaw's character in "Battle of the Bulge" was a German officer who displayed a captured cake from a U.S. soldier; it was from Boston and it was still fresh. His observation was that if the Americans could get cakes to



their soldiers, they could certainly get gas and bullets to the front line. I thought about that scene during Desert Storm, when I saw pallets of mail on trucks. I knew the gas and bullets were getting through.

— Mark P. Brewer, Sarasota, Fla.

When the Six Triple Eight served overseas in World War II, I was a radioman on LST 991 delivering troops to Southwest Pacific island beachheads. I am glad their story is now told in *The American Legion Magazine*, which itself performs a great public service by telling of others who also served willingly and patriotically, like the Tuskegee Airmen and Dorie Miller. The Black steward's mates of LST 991 came from areas of severe discrimination, and faced more during their wartime service. They were relegated to what others thought unimportant jobs, so much so that our steward's mates would not attend reunions after the war. As chairman, I sympathized with them.

Attitudes have improved vastly since then, thanks especially to efforts by The American Legion.

— Phil Schreiber, Highland Park, N.J.

### Defense cuts

In the discussion of the Pentagon budget (Big Issues, February), Rep. Raúl Grijalva proposes cutting waste, not essential needs. Price gouging requires better controls. Rep. Scott DesJarlais bases his argument on the need to maintain military superiority but does not recognize waste.

The bottom line is that the

budget needs to be cut with no loss in readiness but a severe curtailment in waste, controlled by new rules about contracts.

— J. Michael Bossert, Holmes Beach, Fla.

### 'A Famous Man'

I just read Keith Nightingale's article on Pfc. Famous Lee Lane (February). So many untold stories of valor. The burning question is, why did he not get an upgrade to the Medal of Honor?

— Jim Dickerson, Iowa City, Iowa

A truly inspiring story about Famous Lee Lane and his understanding of "duty, honor, country." Keith Nightingale did a fine job telling it.

— Will Merrill, Atlanta

### America's unusual museums

Lyn Mettler's article (Travel, February) was incomplete without mention of the Ames Shovel Museum in Easton, Mass. With nearly 800 shovels on display, the museum is a tribute to the building of America, from John Ames' original created in a blacksmith shop in 1774 to its implements currently in production.

— Bob Shoreman, St. Simons Island, Ga.

The National Mustard Museum in Middleton, Wis., is devoted to mustard and mustard-related products. It is also a retail store and mail-order company. It's a fascinating place.

— Don Moran, Rosemont, Ill.

### 'Harvey Pratt's Path of Life'

Proud Native American, talented, gifted, Marine Corps

veteran and, I assure you, a very humble and respectful gentleman is Harvey Pratt. Jeff Stoffer's article (November) piqued my interest in a special way. I searched his website to see if any of his artistic works were available, and purchased a canvas print of Chief Magpie that is of top quality. Mr. Pratt called me directly to advise me about my purchase. We had several long talks about our veteran and life experiences. I can't express enough the connection I made with this man. Personally, I would like to see Mr. Pratt considered for the Medal of Freedom for his contributions as a Native American and a patriot.

One would think from my words that I also am a proud Native American. I am simply a third-generation American with many friends of all races. Reading the article, I simply needed to make a connection. Probably it is one of the best connections of my life.

I asked Mr. Pratt what I could do to help Native Americans, particularly the children. He recommended St. Labre Indian School in Ashland, Mont., which I learned via research is worthy and in need of contributions. If you want to help in any way the Native Americans, show your support. They are severely affected by the COVID-19 pandemic. Let's help our first citizens in ways that are real.

I plan to visit the National Museum of the American Indian and express my thanks for Mr. Pratt's contribution to our nation as a soldier, person and patriot.

— Tom Mara, Shorewood, Ill.

### THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

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# The meaning of Veterans Strengthening America

*"If we have the ability, we have the responsibility."*

**South Phoenix, Ariz., American Legion Post 65 2nd Vice Commander Alan "A.P." Powell**, after his post became a COVID-19 test site last summer

We find ourselves at a unique juncture in The American Legion journey. The year behind us presented challenges no one could have expected. On the same day I delivered testimony on The American Legion's legislative priorities for 2020 in Washington a year ago, the World Health Organization declared COVID-19 a global pandemic. American Legion Family members urgently responded to the crisis in so many ways, it's simply incalculable. And they continue to do so.

Our Buddy Check program delivered food, medicine, transportation and comfort to isolated veterans. We put on our masks, opened our doors, rolled up our sleeves and gave blood when it was sorely needed. Posts made COVID-19 testing their responsibility. Health-care workers, first responders, military personnel, students and others in need of face coverings, gowns, sanitizers or other forms of personal protection equipment (PPE) received it, in the millions, from our members.

Food, as one Legionnaire in Alaska put it, "is our forte." The amount of provisions collected, distributed and safely served by the American Legion Family through 2020 and beyond is simply mind-boggling. Posts transformed into free food pantries, pick-up sites and delivery hubs, as store shelves emptied and the supply chain weakened.

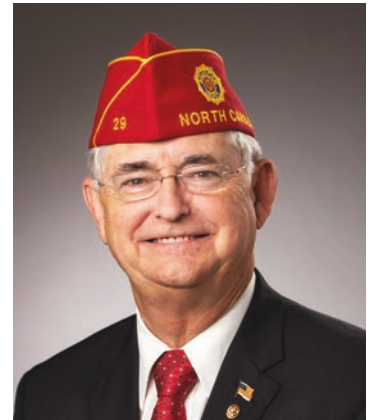
Nearly 5,000 of us covered 100 miles between Aug. 3 and Nov. 11, raising funds and awareness for our Veterans & Children Foundation and, perhaps more importantly, inspiring ourselves and others to stay fit during these trying times. America needs us.

As the pandemic wore on, our attention turned to mental health and well-being. This became an acute concern as veteran suicidality, calls for VA help and financial hardships intensified. The toll the pandemic has taken on secluded veterans and their families formed the basis of my message to Congress this year as our legislative priorities were again delivered, refreshed in light of the pandemic, and amplified by all we have done and learned from stepping into the battle, understanding the enemy and working to protect others.

A new publication, "COVID Operations: The American Legion's Response to the Global Pandemic," records much of the organization's massive effort in communities, states and the nation during this historic time – from Buddy Checks to blood draws, PPE, virtual job fairs, drive-by greetings, safe memorial ceremonies, food for the hungry, help for the homeless and camaraderie at a time when we needed it most.

The sum of these many parts is stated perfectly in the organization's official motto, adopted by the National Executive Committee last fall: *Veterans Strengthening America*. If anyone asks what the American Legion Family is and does, those three words say it best. And if they want to dig deeper into what we mean by that, I strongly urge you to show them "COVID Operations," now available through Emblem Sales. It not only says what the American Legion Family did during this time; it illustrates who we are and why it matters.

*James W. "Bill" Oxford*



National Commander  
James W. "Bill" Oxford

## MEMORANDA

### LEGACY SCHOLARSHIP

Applications for the American Legion Legacy Scholarship are due to National Headquarters April 15.

The scholarship is awarded to children of U.S. military members who died while on active duty on or after Sept. 11, 2001, or of post-9/11 veterans assigned a combined disability rating of 50% or greater by VA.

[legion.org/scholarships/legacy](https://legion.org/scholarships/legacy)

### ORATORICAL CONTEST CANCELED

For the second year in a row, the American Legion National Oratorical Contest, previously scheduled for April 9-11 in Indianapolis, has been canceled due to the COVID-19 pandemic.

Completing the 2021 department oratorical contests is the decision of each department. However, for this program year, certified department oratorical champions will be awarded \$5,000 academic scholarships sponsored by the American Legion Child Welfare Foundation and The American Legion. The scholarship is available to champions regardless of whether their departments conducted oratorical contests live or virtually.

[legion.org/oratorical](https://legion.org/oratorical)



# A FOUNDATION OF **HOPE**

FOR DISABLED VETERANS



**I was about to give up...  
I wouldn't have known where to go.**

*Korean War Army veteran Willie Alvin Cousin,  
who received long-overdue and wrongly denied  
VA disability benefits after his case was reopened  
and won by American Legion Department  
Service Officer K. Robert Lewis*

FOR MILITARY AND VETERAN FAMILIES IN NEED



**These were important things.  
It helped them not get behind  
in their rent... It helped them  
put food in the refrigerator.**

*Coast Guard Vice Commandant Adm. Charlie Ray  
after American Legion Temporary Financial Assistance  
helped more than 3,120 children whose active-duty families  
were affected by the federal government shutdown*



## **Your gift provides hope for disabled veterans and children in need.**

The American Legion Veterans & Children Foundation, formerly the American Legion Endowment Fund, delivers vital financial support for service officers worldwide who are working on VA disability claims for more than 700,000 U.S. military veterans at any one time, all the time. The fund also supplies American Legion Temporary Financial Assistance cash grants for military and veteran families with minor children at home, who have encountered hardships beyond their control and need short-term help covering the costs of shelter, food, utilities, clothing or other necessities.



**THE AMERICAN LEGION  
VETERANS & CHILDREN FOUNDATION**

**[www.legion.org/donateVCF](http://www.legion.org/donateVCF)**



## 921

Veterans, military personnel and spouses who registered for a Feb. 9 virtual career fair, co-sponsored by **The American Legion's Department of Texas**, the Texas Veterans Commission, the Texas Workforce Commission and the national American Legion Veterans Employment & Education Commission



## ▶ 250

Local, national and international employers that participated in the Feb. 9 career event, which drew applicants from 28 states, two Navy ships in the Pacific and jobseekers in Germany, Italy, Japan, Australia, Ghana, South Africa and Botswana

## ▶ 1,329

American Legion posts nationwide that reported conducting Veterans in the Classroom programs during the 2019-2020 membership year



## ▶ 150+

U.S. war posters now viewable in a special online exhibit by American Legion National Headquarters' Emil Blackmore Museum. The posters are selected from The American Legion's collection of more than 3,000. The online exhibit also features images of first national librarian Verna Grimm, who assembled the original collection for posterity and displayed it during her time at National Headquarters.

[legionmuseum.omeka.net](http://legionmuseum.omeka.net)

## ▶ 2,000

Estimated number of meals delivered to veterans under COVID-19 stay-at-home restrictions through a collaboration between Bunkers restaurant and **Montgomery-Plant-Dudley American Legion Post 10** in Wausau, Wis. – to go along with over \$30,000 in donations – through mid-February

***"Now that you have assumed your new leadership role, we hope you will put into practice the philosophy you espoused during your recent confirmation hearing.***

***Specifically, you stated that as VA secretary, 'Every decision I make will flow from two principles: Does the decision increase access for veterans and does it improve outcomes for vets?'***

***We hope this is certainly true when it comes to VA's reimbursement of emergency medical expenses by veterans at non-VA facilities."***

Letter sent Feb. 12 to new **VA Secretary Denis McDonough** from The American Legion and five other veterans service organizations, urging reimbursement to veterans who received emergency care from non-VA health-care facilities that are not covered by veterans' private insurance. VA has appealed a federal court ruling requiring repayment for the services, which is estimated to run between \$1.8 billion and \$6.5 billion, affecting hundreds of thousands of veterans.

## Who was Deborah Sampson?



Library of Congress

In 2020, the 116th Congress passed the Deborah Sampson Act, a comprehensive bill that was signed into law in January and calls for improvements in the ways in which VA understands and provides care for women veterans. A high American Legion priority for the 117th Congress is implementation, oversight and progress in the area of VA women's health care. The number of women who serve in the U.S. military is expected to grow

by 0.6% annually, with an estimated 2.2 million female veterans by 2045.

So, who was Deborah Sampson?

She was one of very few women who saw combat duty in the Revolutionary War, disguised as a man and going by the pseudonym Robert Shirtliffe. She served 17 months as a light infantry private in the Continental Army, 4th Massachusetts Regiment, was wounded in 1782, and was honorably discharged the following year.





Photo courtesy American Legion Post 903

*"People tend to forget. They think of the big (wars), but they don't remember the small incidents. Everything we have in this country, we, the citizens of this country, have fought to get and to maintain. It's important that we revive the community in the fact that freedom is not free."*

#### Mount Pocono, Pa., American Legion Post 903

**Commander Charles Hamberger**, after the post purchased a church building and rectory, with plans to create office space for other veterans service organizations, a museum/education center and a shelter for homeless veterans

**\$2,878,740**

Amount in cash aid presented by American Legion posts in the 2019-2020 membership year to support Children & Youth programs



DoD

## Vaccination venue

**Veterans Memorial American Legion Post 347** in Lady Lake, Fla., had a launch when the nearby VA clinic in The Villages was pushed past capacity once COVID-19 vaccinations became available there. The post offered up its building – with a large meeting room and parking spaces – and VA helped transform it into a vaccination location that began operating on Jan. 28. "To us, this was a no-brainer," Post 347 Commander Joan Suelter said. "Not one member of the executive committee said no when we brought it to them. The (Villages Outpatient Clinic) is a good-sized facility, but in order to handle the vaccine, they would have to shut down other portions of the medical portion of it. They do MRIs up there, bloodwork, for all our veterans. So, some of those services would have to have been curtailed. And parking is very limited up there."

## FROM NATIONAL TO YOU

### Resources for Children & Youth Month

A variety of brochures, forms and even comic books are available for download or purchase to assist posts and members in their programs during April, American Legion Children & Youth Month, and throughout the year.

Find the following under the **Americanism and Children & Youth** heading on the Publications hub.

[legion.org/publications](https://legion.org/publications)

▪ **A free American Legion Education Development Guide** with information about scholarships, financial aid, awards and more.

▪ **An American Legion Boys State program brochure** to help explain the program to potential participants.

▪ **An American Legion Baseball promotional booklet**, brochure and risk-management policy for the program.

▪ **Comic books** for children on flag respect, our nation's veterans and "Light of Liberty," 20 illustrated pages on the fight for freedom, how government works and the responsibilities of U.S. citizens.

▪ **Additional publications** address The American Legion and Scouting, the School Award Medal Program, oratorical competition, Junior Shooting Sports, the Junior Law Cadet Program, the American Legion Legacy Scholarship and more.

### A Foundation of Hope

A new downloadable brochure that describes the purposes of the American Legion Veterans & Children Foundation and includes a form for donations is now available for downloading and printing, in color and in black and white.

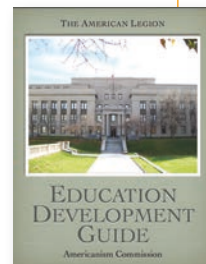
Find it under the **"General"** section of our online publications hub.

[legion.org/publications](https://legion.org/publications)

### Priorities for the 117th Congress

The American Legion's legislative priorities are presented in the 2021 National Commander's Testimony booklet, which was delivered to lawmakers in a March 4 virtual appearance by National Commander James W. "Bill" Oxford before the House and Senate Committees on Veterans' Affairs. The booklet can be downloaded free.

[legion.org/publications](https://legion.org/publications)



# Domestic Terrorism Prevention Act



## SUPPORT

**Rep. Brad Schneider, D-Ill.**

■ Schneider is a member of the Ways and Means and Small Business committees.



## OPPOSE

**Rep. Lauren Boebert, R-Colo.**

■ Boebert is a member of the Natural Resources and Budget committees.

Following the attempted insurrection at the Capitol on Jan. 6 – in which five people died, including a police officer – the nation was seized by the potential threat of more terrorist attacks in Washington, D.C., and around the country. Unlike after 9/11, the threat now is from domestic terrorists.

This threat isn't new. White supremacists and far-right extremists have long threatened violence to meet their extreme racially motivated goals. In 2019, a Trump administration official told *The New York Times* that white supremacy and far-right extremism "are among the greatest domestic-security threats facing the United States. Regrettably, over the past 25 years, law enforcement at both the federal and state levels has been slow to respond." In 2019, domestic extremists killed at least 42 people in the United States in 17 separate incidents.

That's why I joined House colleagues – three Republicans and three Democrats – to introduce the bipartisan Domestic Terrorism Prevention Act of 2021. This bill would create offices in the FBI, the Department of Justice and the Department of Homeland Security to identify, analyze and monitor domestic terrorism threats – including from white supremacists – and report to Congress twice a year. It doesn't create new domestic terrorism statutes or lists, and it doesn't create new investigative powers for law enforcement.

Combating the threat of domestic terrorism, including from white supremacy groups and individuals, is not a Democratic or Republican issue, not left versus right or urban versus rural. Domestic terrorism is an American issue, a serious threat that we can and must address together.

Limited government and a right to due process are fundamental American values. Sadly, some would seek to dismiss these cornerstone ideals for the sake of political expediency. The Domestic Terrorism Prevention Act is a prime example of

Congress at its worst, inserting the federal government into an issue in which it has no business being entangled.

The Domestic Terrorism Prevention Act extends government overreach by increasing the power of

unaccountable bureaucrats who will investigate U.S. citizens. In fact, it's exactly these concerns that led the Human Rights Watch and 150 other organizations to write Congress and express opposition to such bills: "We urge you to oppose any new domestic terrorism charge, the creation of a list of designated domestic terrorist organizations, or other expansion of existing terrorism-related authorities."

The creation of new, ambiguous offices called for in this legislation will only further corrupt our heavy-handed government. The Department of Justice and the FBI already have over 50 terrorism-related laws on the books to fight hate crime, organized crime and more.

With broad definitions and ambiguous directives, who's to say which groups would be investigated under the Domestic Terrorism Prevention Act? Would it be Black Lives Matter or the Antifa rioters of the summer of 2020? What about those on the Southern Poverty Law Center's Hate List, which includes Christian organizations that believe in the biblical definition of gender and marriage? We just don't know, and that's the problem.

## THE HEART OF THE ISSUE

*Supporters say the legislation would reduce the threat of domestic terrorism by expanding federal enforcement and monitoring potential threats. Opponents say it would needlessly expand government power and infringe on due process.*

## CONTACT YOUR ELECTED OFFICIALS

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## SCREEN TIME

*Mammograms can detect breast cancer early, when it's most treatable.*

Media Bakery

BY BETH W. ORENSTEIN

One in eight women in the United States will develop breast cancer during their lifetimes, according to the National Breast Cancer Foundation. But breast cancer is most successfully treated if caught early, which is why screening is so important, says Jean Warner, director of the Tyanna O'Brien Center for Women's Imaging at Mercy Medical Center in Baltimore.

In fact, death rates from breast cancer have declined over the past 30 years in part due to better screening and early detection.

At what age should a woman begin regular mammography screenings? "I recommend annual screening starting at 40 for all average-risk women, as does the American College of Radiology (ACR) and the Society of Breast Imaging (SBI)," Warner says. "We do so because this recommendation will result in saving the most lives from breast cancer."

Women may be confused by different screening guidelines from groups such as the American Cancer Society and the U.S. Preventive Services Task Force. "But if you read the fine print in the other groups' recommendations, they all agree that starting mammograms at 40 saves the most lives," Warner adds.

She also supports a new recommendation by ACR and SBI that all women have a risk assessment performed by 30: "Once we know what your risk is, we can give you a personalized schedule." If women are found to be at higher risk, they should take a personalized approach to their breast cancer screenings.

**RISK LEVELS** Women are at average risk if they are older than 40 and do not have any other risk factors, Warner says. Women are at higher risk if they have:

- A personal history of breast cancer.
- A strong family history of breast cancer.
- A genetic mutation in themselves or close family members that is known to increase the risk of breast cancer, such as the BRCA gene (women of Jewish Ashkenazi heritage and African-

American women are at higher risk of having the BRCA I and BRCA II gene mutations).

- Had radiation therapy to the chest area before 30.

Black women are at higher risk of developing deadly breast cancers and may want to begin screening sooner, Warner says.

According to Breast Cancer Prevention Partners (BCPP), African-American women who have breast cancer have a 31% mortality rate, the highest rate of any U.S. racial or ethnic group. BCPP also says African-American women younger than 45 have a higher incidence of breast cancer than white women younger than 45.

Women who are at high risk also may want to undergo magnetic resonance imaging (MRI) in combination with mammograms, Warner says. The age to begin screening with MRI depends on risk factors. Recently, ACR and SBI also recommended that women previously diagnosed with breast cancer have MRI screenings.

As for when to stop screening, patients should continue with annual mammograms until they reach an age where their other medical problems would make the benefit of screening not worth it. "If the patient's life expectancy is longer than five to seven years, then we would consider continuing screening," Warner says. "As with the starting age, you have to decide on a personal basis and consider the woman's other health factors."

She recommends digital breast tomosynthesis (DBT), also called 3-D mammography, for screening mammograms. "The majority of imaging facilities are converting to this technology and more insurers are covering it."

DBT uses an X-ray tube that moves in an arc, imaging the breast tissue in clear thin slices, making it much harder for cancer to hide.

*Beth W. Orenstein of Northampton, Pa., is a freelance medical writer and regular contributor to Living Well.*





## Treating your COPD and still struggling?

- Chronic productive cough?
- Repeated antibiotic use for chest infections?
- Repeat hospitalizations?

**The Philips InCourage system may be able to help.**

InCourage vest therapy is a drug-free way to clear excess mucus from the lungs. Ask your doctor if the InCourage system may be right for you.

For a vest therapy information kit, call  
833.208.5324 or visit [www.respirtech.com/VA](http://www.respirtech.com/VA)

**1.7 million** Coronavirus vaccines administered in the United States per day, as of Feb. 18

**100 million** Biden administration's goal of vaccines administered in first 100 days in office (by April 29)

**80%** Herd immunity reached by Nov. 17, if the federal government and states maintain the pace

Sources: White House, The Washington Post

## Coffee as a curative

Coffee, in the right amounts, is better for us than believed, health writer Mary von Aue concludes from recent studies.

According to researchers at Sungkyunkwan University in South Korea, regular coffee drinkers have less risk of heart disease, and those who consumed three to five cups of coffee a day "were less likely to see a prevalence of coronary artery calcium or early signs of heart disease," von Aue reports.

A study at the University of Southern California found that coffee can reduce the odds of developing colorectal cancer by 26% for the casual coffee drinker, and up to 50% for people who drink more than 2.5 cups a day.

Another study, from Portugal, showed that coffee drinkers have up to a 65% lower risk of developing Alzheimer's disease. And studies in the United States and Italy found that people who drink four or more cups a day have as much as an 80% lower risk of cirrhosis, "especially the type brought on from alcohol consumption," von Aue says.



Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

## Your guide to protein sources



**Editor's note:** Before starting a new diet or strenuous physical activities, be sure to get clearance from your primary care physician.

As a personal trainer, I am often asked, "How much protein should I be consuming?" Veterans, clients, athletes and others also seek recommendations about the best types of protein.

According to the USDA Recommended Daily Allowance, adults should consume 0.8 grams of protein per kilogram of body weight per day, or about 0.36 gram per pound. For example, an adult weighing 200 pounds should have around 72 grams of protein each day. Other factors to consider for a protein goal include age, activity level, health history and dietary preferences or restrictions.

Before you start packing more protein into your diet, know that there are many sources. Beef, poultry and pork (as well as dairy and eggs) provide high-quality protein, but so can plant foods. Whole grains, beans/legumes, nuts, seeds and vegetables are great, healthy sources of protein.

When do you need a protein supplement? It's always best to check with a doctor or registered dietitian, but there are instances when adding a protein supplement may be beneficial. Consider it when you are:

- **Still growing.** Adolescents need more protein to fuel workouts because their bodies are still growing and use more protein in general.
- **Starting to exercise.** If you are just starting to work out or embarking on a new challenge like The American Legion's 100 Miles for Hope, you'll require more protein than normal.
- **Intensifying workouts.** If you normally work out for half an hour a few times a week but are training for a half-marathon, your body will need more protein.
- **Recovering from injury.** Protein is critical in healing sports injuries.
- **Going vegan.** People who pursue a vegan or vegetarian lifestyle eliminate a number of common protein sources from their diet.

Here are some common types of protein supplements:

- **Whey protein** This is a mixture of globular proteins isolated from whey, the liquid material created as a byproduct of cheese production from milk. Whey is the most popular form of powdered protein and is fast-digesting.
- **Casein protein** Similar to whey, casein is extracted from milk, but it's a slow-digesting protein with a slow release of amino acids into the bloodstream, making it a very efficient nutrient supply.
- **Soy protein** This is a complete protein providing all the essential amino acids, and important in many vegetarian and vegan diets. It's made from soybean meal that has been dehulled and defatted.
- **Plant-based proteins** Rice and pea proteins are the most common plant-based proteins, and are whey- and soy-free. They are also a good vegan option. Rice protein is high in the sulfur-containing amino acids cysteine and methionine, but low in lysine. Pea protein is low in cysteine and methionine but high in lysine, making the combination a superior amino acid profile that is comparable to dairy or egg proteins, but without the potential for common allergies or intestinal issues.



Media Bakery

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She works with veterans and civilians, from elite athletes to those just starting their fitness journeys. She is the commander of American Legion Post 43 in Hollywood, Calif.



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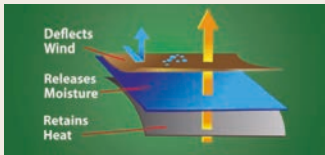
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# FITNESS for LIFE



*Rob Wilkins, a representative on the President's Council on Sports, Fitness & Nutrition, participated in The American Legion's inaugural 100 Miles for Hope last year by riding his bike and running more than 700 miles by Veterans Day. Photo by Mike Kepka*

***The surge in childhood obesity is a national security issue.  
The American Legion's 100 Miles for Hope challenge can help get kids active.***

**BY ROB WILKINS**

**T**here is a new and emerging threat faced by the U.S. military. It is not a foreign enemy that seeks to attack our democracy. Nor is it related to the political vitriol that has recently engulfed our nation.

This enemy lives within our borders. Its threat is passive, rather than active, like a terrorist would be. Yet it's just as dangerous.

I'm talking about the escalating number of youths who are overweight or obese and unfit to serve our nation in uniform. In the early 1970s, 15.4 percent of Americans 2 to 19 were classified as overweight or obese, according to the National Center for Health Statistics. Data from 2017-2018 show that number has increased to 35.4 percent.

According to a 2013 report from the National

Center for Biotechnology Information (NCBI) titled "Obesity and the US Military Family," the prevalence of overweight (youth) "poses a threat to national security. Twenty-seven percent of American young adults between the ages of 17 and 24 (approximately 9 million potential recruits) are too overweight to serve."

Fewer potential servicemembers burdens military branches in their recruiting efforts.

"Over the last decade, we have experienced increasing difficulty in recruiting soldiers due to the decline in the health of our nation's youth," said retired Army Lt. Gen. Mark Hertling. "Unless we see significant change in physical activity and nutrition in America, our national security will be affected."



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There are many causes for the decline in physical activity among the nation's youth. Fewer kids walk or bike to school. Meanwhile, they are spending more time focused on screens, playing video games and using social media. The Centers for Disease Control and Prevention (CDC) reports that children 8 to 10 spend an average of six hours per day in front of a screen. For those 11 to 14, the daily average is nine hours a day, and for 15- to 18-year-olds, it's an average of seven and a half hours per day.

That adds up to far less time running, bicycling and other forms of exercise.

April, which is American Legion Children & Youth Month, is a great time to engage children and grandchildren in physical activities. That's why, on April 1, The American Legion will kick off its second annual 100 Miles for Hope, a campaign to promote activity amid the pandemic and raise funds for its Veterans & Children Foundation (V&CF).

This year, participants are challenged to complete a total of 100 activities lasting at least 30 minutes. There are more than 40 from which to choose, including walking, running, cycling, swimming, rucking, yoga and even pickleball. Download the Kilter app to register. For a \$20 registration fee, each participant receives a medal. (See **page 22** for details on how to register and what's new this year.)

Participants can also support the V&CF by purchasing brand-new 100 Miles gear through Emblem Sales ([legion.org/emblemsales](http://legion.org/emblemsales)), such as tech shirts, sweatshirts, baseball caps, pins, patches and more.

**The solutions** The combination of expanding waistlines and decreasing physical activity is shrinking the pool of healthy young Americans eligible for military service. Even after making it to basic training, lack of physical fitness often leads to young men and women dropping out before completion of their training. That not only costs the military time, but up to \$100,000 in recruiting and training costs per dropout.

Over and over, research has proven that being physically active provides a variety of health benefits, such as a reduction in cardiovascular and metabolic diseases, improvement in mood, strengthened bones and greater self-esteem. Exercise also offers mental health benefits. It's an excellent outlet for children to deal with stress and has been shown to reduce the risk of mood disorders and anxiety.

Physical activity is not just for the young. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity or current fitness level.

Like adults, children need to be physically active. The American Heart Association suggests children 3 to 5 should be physically active and have plenty of opportunities to move throughout the day. Those between 6 and 17 should get at least 60 minutes per day of moderate- to vigorous-intensity activity, mostly aerobic. Under the supervision of a qualified instructor, muscle- and bone-strengthening (weight-bearing) activities can be added at least three days per week.

Exercise improves aerobic and muscle fitness, reduces the risk of depression and leads to greater academic success for children. Here are a few suggestions to help get them moving:

- **Start early.** Young children love to play and be active. Encouraging safe and unstructured movement and play can help build a strong foundation for an active lifestyle.

- **Exercise with family.** Walks, bike rides, living-room yoga sessions or playing catch are just a few examples of how you and those in your household can exercise together.

- **Join group activities.** Walking, bicycling, jogging or participating in events such as The American Legion's 100 Miles for Hope ([legion.org/100miles](http://legion.org/100miles)) are great ways to get much-needed fresh air while still following local and state COVID-19 protocols.

- **Exude positivity.** Have a positive attitude about the different physical activities in which your children participate, and encourage them to try new ones.

- **Be safe.** Ensure that desired physical activities are appropriate for the age of your child. Always provide protective equipment (including helmets, wrist pads and knee pads) when riding bicycles or scooters, skateboarding, roller skating, climbing rock walls and participating in other activities where there may be a high risk of injury.

Your efforts in promoting fitness to America's children and youth will not only help them throughout their lives, but will play a key role in developing a strong core of servicemembers for tomorrow's military. That, in turn, will help keep our nation safe. 🌿

*Retired Air Force Master Sgt. Rob Wilkins serves on the President's Council on Sports, Fitness & Nutrition. He is a Paid Up for Life member of American Legion Post 141 in Richmond, Va.*



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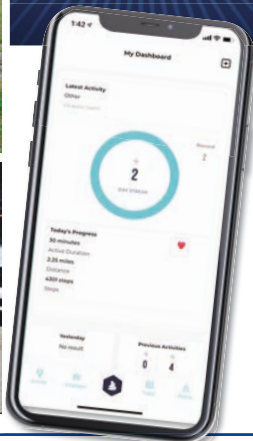
Photo by Jeric Wilhelmson



Photo by Corey Perrine



Photo courtesy Cindy Boehnlein



## New 100 Miles for Hope offers more challenges, commemorative gear

Holly Lewis was among the nearly 5,000 participants in last year's inaugural 100 Miles for Hope who enjoyed the personal fitness challenge while supporting The American Legion's Veterans & Children Foundation (V&CF).

"The challenge was a great way to get everyone out of the house and moving again," says Lewis, who serves as adjutant of American Legion Post 557 in Wintersville, Ohio. She completed her 100 miles with daily walks and twice-weekly bike rides. "It's for a great cause, and it works wonders for the mindset to move every day."

Thanks to Lewis and many others, nearly \$150,000 was raised for the V&CF. Those donations help fund the work of American Legion service officers and provide much-needed financial assistance grants for military families with children at home.

Based on the success of the first challenge, American Legion National Commander Bill Oxford has expanded the second annual 100 Miles for Hope, incorporating feedback from last year. Registration is now open for the event, which runs April 1 to Sept. 6.

Among this year's changes:

- To get started, download the Kilter app, which gives participants the opportunity to track activities instead of miles. More than 40 activities – including cycling, walking, running, rucking, yoga, swimming and more – count toward 100. "But don't stop there," Oxford says. "You can get credit for up to three activities of at least 30 minutes each day."
- The registration fee, which includes a medal for every participant, has been cut to \$20, with proceeds going to the V&CF.
- Participants can order various commemorative items from Emblem Sales to further support the V&CF, including new tech shirts, sweatshirts, baseball caps, pins, patches for Legion Rider vests and challenge coins. Visit [legion.org/emblemsales](https://legion.org/emblemsales).
- Participants can ask their network of family members, friends and others to support their journeys with donations to the V&CF.

– Henry Howard

### HOW TO REGISTER AND PARTICIPATE

1. Download and create an account on the Kilter app. Go to the **EVENTS** tab. Before April 1, The American Legion's 100 Miles for Hope will be found under the **PAID** tab. As of April 1, it will be under the **LIVE** tab. Select event, click **JOIN** and pay your \$20 entry fee.
2. View **MY EVENTS** to confirm registration.
3. Complete daily wellness activities of at least a half-hour and accumulate points.

### HOW TO HELP V&CF

1. Visit [legion.org/emblemsales](https://legion.org/emblemsales) to purchase commemorative 100 Miles for Hope gear.
2. Use the app's individual donation tool to encourage friends and family to support your personal wellness goal as well as the V&CF with a donation.

### HOW TO TRACK ACTIVITIES

1. In the Kilter app, visit your profile and go to Connected Devices. Use Apple Health, Fitbit, Garmin, Strava, or UnderArmour Record (MapMyRun) to track your daily activities.
2. You can also manually add activities within 48 hours of completion. Click the plus (+) icon from your dashboard to open the Manual Entry form. Enter your activity to earn points.

### HOW TO SHARE YOUR JOURNEY

Visit [legion.org/legiontown](https://legion.org/legiontown) to share your short stories and photos. In social media posts, use the hashtag **#100MilesForHope**.

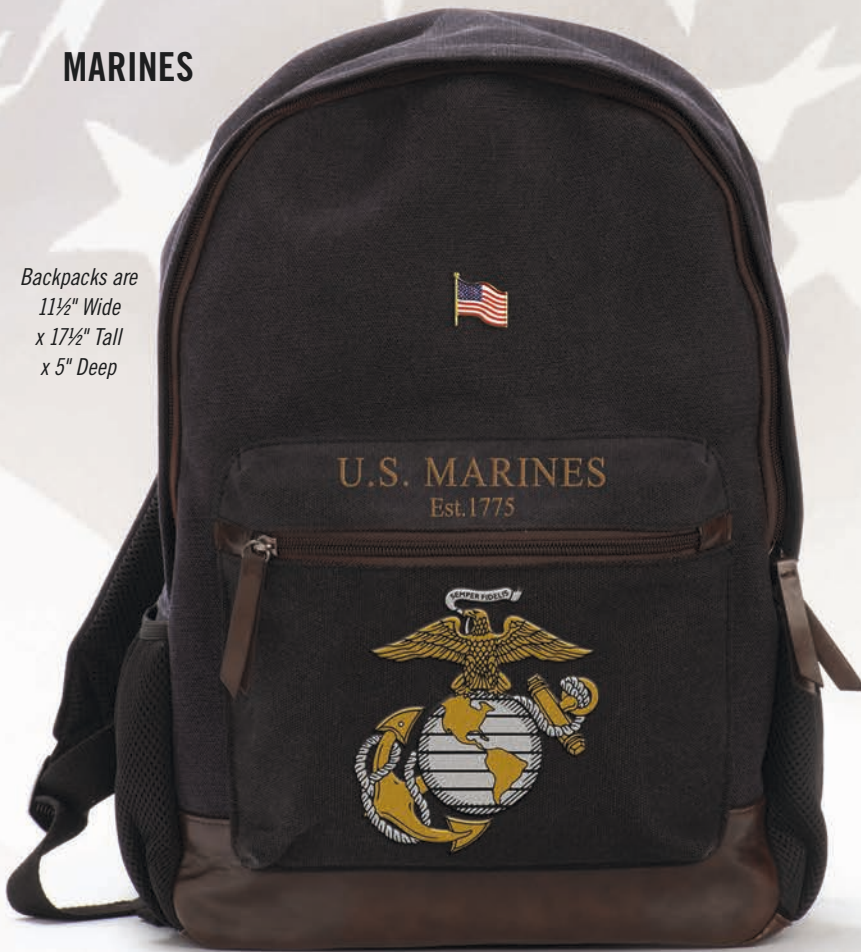
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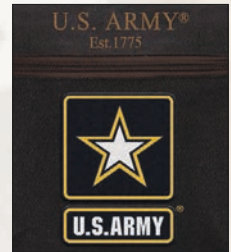
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# WHATEVER HAPPENED TO CIVICS?

*Our constitutional democracy  
can't run on autopilot.*

**BY S. ADAM SEAGRAVE**

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**W**hile teaching my undergraduate course recently – titled “Race and the American Story” – I mentioned in passing that we have been experiencing a serious crisis in American civic life for decades. One of my students, a visiting foreign journalist, immediately expressed surprise: “Do you mean it wasn’t Trump’s presidency that caused this?”

Our short memories often lead us to mistake symptoms for the disease, and this is certainly the case with the social and political upheavals of recent months. The protests and riots in reaction to the killing of George Floyd over the summer, the unprecedented contention over the presidential election, and the Capitol insurrection on Jan. 6 did not come out of a clear blue sky. The storm clouds of polarization, fragmentation and threatening disintegration of American society have been building for quite some time. What Supreme Court Justice Sandra Day O’Connor once called a “quiet crisis” has become a deafening one.

O’Connor was referring to conspicuous deficiencies in U.S. civics and history education, deficiencies which were depriving entire generations of Americans of the prerequisites for constitutional self-government. The fact is, American constitutional democracy is not a wind-and-go toy or a perpetual motion machine. The U.S. Constitution established a form of government – a republic – that requires constant maintenance by the American people. In Benjamin Franklin’s famous words, republics have to be actively “kept” by the people living within them.

As Alexis de Tocqueville explained in “Democracy in America,” the foundation of American self-government has always been the active, informed participation of its citizens. And the foundation of active and informed civic participation in American society is effective classroom education in U.S. civics and history. Our schools have been largely neglecting this crucial task for the past 50 years. Without this foundation in place, American constitutional democracy appears to be teetering like a Jenga tower.

Why has this happened? Two main culprits are to blame: 1) the disproportionate emphasis on STEM (science, technology, engineering and mathematics) education that followed the original “Sputnik moment” during the Cold War and has been reinforced in national policy ever since; and 2) the culture wars that emerged in reaction to the civil-rights movement, the Vietnam War, and second-wave feminism in the 1960s and 1970s.

Concerns surrounding national security and

global economic competitiveness throughout and following the Cold War led to the systematic prioritization of STEM subjects in classrooms. During this time the federal government has invested about \$2.8 billion per year in these subjects – more than \$100 billion in total. The federal government currently spends \$54 per student per year on STEM subjects, compared with just 5 cents per student per year on civics. The national Council on Competitiveness was created in 1986 to confront increasing international competition in the “race to see who will innovate and develop key technologies” in areas such as “artificial intelligence (AI), the Internet of Things (IoT) and 3D printing, to name a few.”

Federal and interstate education reform efforts have followed this emphasis. The No Child Left Behind Act of 2002 placed tremendous pressure on schools and educators to teach to standardized tests in reading and math, leaving less time for social studies and civics. The National Governors Association originally intended to include social studies (including civics) in the Common Core standards in 2009, but abandoned the idea as a result of polarized debates over American historical narratives. What was left – English language arts (ELA) and mathematics – reinforced the pressure and emphasis of No Child Left Behind. The Race to the Top grant program launched by the Department of Education the same year contributed to this imbalance, imposing further top-down pressure on schools to prepare students to “compete in the global economy.”

There is nothing wrong, of course, with trying to improve education in STEM fields and keep up with the Joneses in the international arena. But schools have limited resources, and teachers only have so much time. The near-exclusive focus on STEM and ELA subjects has led to the systematic neglect of social studies and American civics at all grade levels (continuing into higher education as well) over the past 50 years.

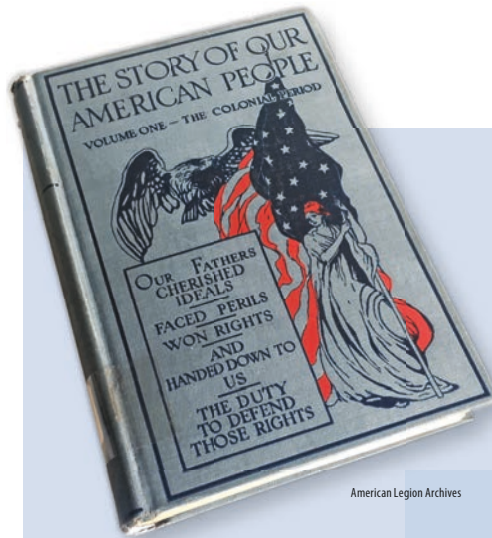
As the experience of the National Governors Association with the Common Core standards illustrates, the focus on STEM fields has been the result not only of the positive aims of increasing national security and competing in the global economy, but also of deep polarization over how to teach American civics. Just as the Sputnik moment launched the United States on a STEM-focused trajectory, the cultural moment of the 1960s and ’70s launched the nation on a trajectory of renewed political and social division that has continued unabated, and intensified, ever since.

This widening division began over racial tensions that were reopened in the postwar period and culminated in the Civil Rights Act of 1964 and the Voting Rights Act of 1965. The moral clarity of World War II was succeeded by the disillusioning effect of the Vietnam War. *Roe v. Wade* and Phyllis Schlafly's "Stop the ERA" campaign followed directly on its heels in the 1970s. In 1980, Howard Zinn published "A People's History of the United States."

These events and others joined to produce a society that was deeply divided about American identity and history. To some Americans, the United States was defined by the monumental progress represented by the Declaration of Independence, the Constitution, the Civil War Amendments, victory over Nazi tyranny in World War II, and the "dream" of Martin Luther King Jr.'s civil-rights movement. To others, the United States was defined by the systematic failures of American history and the struggles of oppressed subgroups to overcome the tyrannies of privileged ruling elites.

These opposed narratives clashed in the controversy over the National History Standards in 1994. Despite substantial federal funding and a consensus-building process that involved more than 30 major national organizations, these standards were vehemently criticized by conservatives as presenting a "politically correct" and "multicultural" narrative of American history. Led by Lynne Cheney, a former head of the National Endowment for the Humanities, critics complained that the proposed standards presented a one-sided, "gloomy" narrative – an America defined by failures and oppressions rather than achievements and progress.

After being rejected by a 99-1 vote in the Senate, the National History Standards survive only as an unsightly shipwreck on the shoals of polarization, and a cautionary tale for anyone interested in



## A commitment to civics

On Oct. 21, 1922, The American Legion formed a committee to lead the development of textbooks to be used by public schools to strengthen understanding of U.S. democracy, history and identity. Multiple organizations endorsed the project, including the American Legion Auxiliary, American Federation of Labor, Boy Scouts of America, Elks, Civic League for Immigrants and Knights of Pythias.

Five years later, "The Story of Our American People," a two-volume set of textbooks under the leadership of The American Legion, was in circulation to public schools.

reviving American civic education since. This cautionary tale has been heeded well by most K-12 educators in the 21st century. Almost entirely unsupported by school administrators and public officials, and wary of facing criticism or professional repercussions for perceived transgressions, most teachers are clearly incentivized to teach as little civics as they can. Many educators do, of course, courageously swim against this current and attempt to integrate civics into their teaching as much as possible. Until support and incentive structures are significantly changed, however, such examples will remain few and far between.

The longstanding failures of American civic education in schools have led directly to the disturbing deficiencies in civic knowledge we have seen in recent years – the once-quiet crisis that is finally making its voice

clearly heard all over the political landscape.

As a CNN.com headline put it a few years ago, "Americans know literally nothing about the Constitution." Very few know the difference, for example, between the Constitution and the Declaration of Independence. Most college graduates think Thomas Jefferson was the father of the Constitution, though he wasn't even in the country at the time of its drafting. Only two in five Americans can name all three branches of government. More than a third can't name a single right guaranteed by the First Amendment, which is the most commonly known part of the Constitution. Most entertainingly, almost one in 10 U.S. college graduates polled in 2016 thought TV's "Judge Judy" was serving on the Supreme Court.

This embarrassing ignorance about American history and political institutions has corresponded with a troubling erosion of support for American political principles. According to a 2016 Harvard study, only 19% of U.S. millennials believe a military coup is not legitimate in a democracy, as



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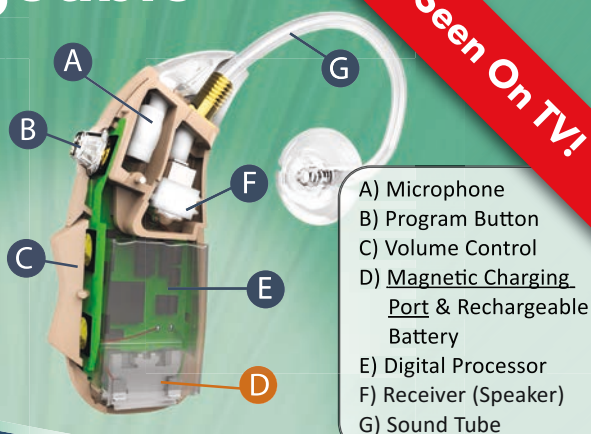
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opposed to 43% of older generations of Americans. More than a quarter of millennials believe that choosing leaders through free elections is “unimportant” (compared to 10% of the interwar generation and 14% of baby boomers). And only 30% of millennials believe it is “essential” to live in a democracy, compared with 70% among the interwar generation.

American constitutional democracy can’t run on autopilot. By putting civic education on cruise control and falling asleep at the wheel, the American ship of state has run off course. If we are to avoid running aground, we need to open the eyes of all Americans, beginning in K-12 classrooms, to the essential knowledge and civic virtues necessary to maintain our constitutional democracy for future generations.

**Prospects for revitalizing civic education** The past five decades have been a tale of woe for American civic education, and thereby for American political culture in general. There are, however, emergent reasons for hope that the next five decades may be a different story.

For the past three years, I have served as a member of the faculty and leadership team in the School of Civic and Economic Thought and Leadership at Arizona State University. This school is an interdisciplinary academic department blending the traditional fields of political science, history, economics and philosophy into a single curriculum that focuses on educating students to be citizen-leaders in American society. We provide an American civic education to our undergraduate and graduate students through the discussion of classic texts of American political thought and history. We also reach beyond the university to the K-12 level, partnering regularly and extensively with our state’s Department of Education and various nonprofit organizations to support civic education at all levels and for all citizens.

In 2020, we merged one of our outreach centers with the former Joe Foss Institute (founded by World War II Medal of Honor recipient Joe Foss) to magnify our civic education efforts at the K-12 level. Through its successful efforts to pass legislation requiring the testing of basic civic knowledge in 31 states, as well as its Veterans Inspiring Patriotism program in schools, the addition of the former Joe Foss Institute has enhanced our ability to resurrect and improve American civic education across the nation.

We are in some ways a unique program in higher education, but also one of a growing

number of higher education institutions explicitly dedicated to resurrecting American civic education. Among these are our partners in a new national study of U.S. civics and history education that has courageously and ambitiously attempted to succeed where the 1994 National History Standards failed. The Educating for American Democracy project launched over a year ago with funding from the National Endowment for the Humanities and the Department of Education, and presented its completed report in March.

This project – led by our program at Arizona State University, along with the Safra Center for Ethics at Harvard University, CIRCLE at Tufts University and the national civic education provider iCivics – has brought together more than 300 academics and K-12 educators from across the ideological and political spectrum to produce a new framework for U.S. civic education. The “Roadmap,” as we have titled the centerpiece of the report, provides an inquiry-based and adaptable outline for teaching U.S. civics and history that can serve as a focal point for meaningful reform efforts at the national, state and local levels. It will also, we hope, serve as a galvanizing force to finally remedy the longstanding deficiencies of resources, time and energy devoted to American civic education in K-12 classrooms and beyond.

The events of recent months underscore the urgency of strengthening our civic fabric. There is a general acknowledgment of the fact that a constitutional democracy such as ours cannot survive on STEM alone. This task must start with a concerted effort to improve understanding of U.S. political principles, institutions and history.

American civic education should mirror the kind of American identity we would like to cultivate. This identity, at its best, has always consisted in a common commitment to certain ideals – certain “inalienable rights,” in the words of the Declaration of Independence – rather than the mere fact of living in the same place. A common commitment to ideals can, in turn, inspire common assent to a shared narrative of American history. Until this is achieved, the United States will continue to fall short of being the “city upon a hill” that its best moments have called it to be. 🌿

*S. Adam Seagrave is associate director of the School of Civic and Economic Thought and Leadership at Arizona State University. He is the author of “The Accessible Federalist” and editor of “Liberty and Equality: The American Conversation.”*





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Photo by Keith Nightingale

# THE BOXES OF VIETNAM

*Big or small, cardboard or plastic or steel, containers defined the life of every American who served in country.*

BY KEITH NIGHTINGALE

**M**illions of personnel from all U.S. services were exposed to Vietnam, and each has a unique interpretation of it. As a two-tour infantry officer, I carry my own interpretation, honed from time and experience.

Simply put, Vietnam was all about boxes.

Boxes carried, fed, armed, sustained and contained. They were composed of all manner of materials. They came in all shapes and sizes. And they were an immutable component of every Vietnam veteran's life. Boxes defined our life.

We departed the United States after placing nonessential clothing and equipment in boxes and mailing them home. Upon arrival, we were given boxes to carry newly issued gear and clothing during in-processing. Our daily lives were measured, sustained and described by myriad things in boxes.

If we were unlucky, we came home in a box. Two of the more important boxes could be viewed at any port-of-entry airfield between Saigon and Quang Tri. Beside the aircraft ramp, there was a freight pallet covered in yellow or red nylon strapping containing the various boxes and materials that were loaded into the aircraft or offloaded upon landing. One portion of that load included a stack of aluminum rectangular boxes – standard military coffins. Many had more

round trips than the most enthusiastic warrior or defense secretary. If they were inbound from the States, they might be packed with mail ranging from letters to packages with Mom's cookies and wife's snack packs. To the freight-space bureaucrats, this was an efficient use of a hermetically sealed container resistant to a wet, humid climate.

Going out in these boxes were special-delivery cargo no one wanted to utilize. Each held the remains of the battlefield – that which could be found – with a next-of-kin address. Neatly packaged under plastic on the top and side was a packet of material. At the very top was the name of the deceased and the delivery address. Placed visibly at the bottom of the plastic packet might be a phrase in large black letters: NOT SUITABLE FOR VIEWING. It was the duty of the local undertaker to transfer the remains, clean the interior and return the box to the system. Return postage guaranteed.

Vietnam required a huge amount of cargo to support the American way of war. It was not only cargo for the fighting elements of all U.S. services, but those of the South Vietnamese, as well as tons of aid and materials for the general population through the complex of aid systems we brought.

This stuff took a lot of boxes.



As in all things military or bulk shipping, standardization is a required virtue. From this, the Conex container, a large steel box, was born. The inventors described it as “Container Express” – shortened to Conex, a universal term that has endured well past Vietnam.

The steel box could be a bedroom, a morgue, an air-transportable TOC or anything else a soldier’s mind or necessity required. There were a lot of Conexes in country, and wherever a uniformed person went, he or she would find Conex containers used in all kinds of ways.

The black-market managers particularly liked them as one of the few reasonably secure containers available to store ill-gotten materials. Behind many units, casualty collection points used a shaded Conex to store human detritus from the battlefield until a shiny aluminum box became available.

Once joining a unit, the arriving member was deluged with things in boxes. Rifle and pistol ammo were issued in small waxed-cardboard boxes that came from larger boxes. M60 machine-gun ammo was issued from snap-top metal boxes that were great for storing cleaning equipment or perishable materials like stationery, cookies, paperbacks and magazines. Grenades came packed in round, black-tarred cardboard containers, also having emanated from a larger box. So too did smoke grenades, essential for establishing close-in support. Empty grenade containers made excellent candle holders, or could be used to store urine in a night defensive position when no movement was allowed.

Mortar ammo came encased, packed three or four apiece in large wooden boxes that could also serve as external bunker walls when filled with dirt or stripped, and become flooring, roofing or furniture. Generals to privates used ammo boxes as tables for daily needs. Artillery ammo was similarly packed and issued. Lumber from these boxes was highly prized because the planks were larger and longer than those of mortar boxes. Some artillery ammo was shipped in large green steel canisters. These were employed as field urinals up-righted into the ground and scattered throughout fire bases. Frequently, both wooden box sizes were used to construct latrine housing. It was not uncommon for a newly opened fire base to



*Collapsed C-ration boxes made great inserts for soldiers’ rucksack frames.* Photo courtesy Keith Nightingale

announce its presence with a sustained period of firing – often primarily to make sufficient wood available for the needs of the immediate infrastructure.

Inside the bunkers, available empty wooden boxes served several useful purposes. Arranged next to each firing aperture was an empty box on each side. It would be stacked with loaded M16 magazines and hand grenades for easy access in times of need. In the centers of some apertures were empty boxes with lids open. Arranged along the lids were numbered wires draped across

a small nail, each connected to a Claymore deployed to the front and the fougasse container. Dangling at the end of each wire was the triggering clacker for each device, with an assigned number. Usually, a small map of the immediate front was drawn on an empty C-ration box and tacked to the lid showing the Claymore positioning to the immediate front and the container. Not infrequently, the box would also hold several flares to be ignited and tossed out if other illumination failed. In some bunkers, those with the M79 or M203 grenade launchers, the 40 mm grenades would be neatly stacked vertically in a row to the rear of the box in whatever sequence the gunner liked.

Rations were particularly box-centric. A soldier’s primary source of sustenance was the Ration, C. It came in a rectangular box of heavy cardboard and weighed about 13 pounds. To get to the 12 meals inside, arranged in smaller individual meal boxes labeled from B1 to B3, two external enclosing wires had to be broken. The early-issue M16s with open flash suppressors were ideal for the task. By inserting the open flash suppressor on a wire and rendering a half-turn twist, the wire snapped. After repeating the step, next was to remove the enclosing cardboard sleeve revealing the inner contents: 12 meals ranging from OK to awful. A wise NCO would invert the case so a soldier could not pick by label but make a blind choice, followed by appropriate commentary.

The now-empty ration box had additional utilitarian value. The outer cardboard sleeve, collapsed, made an excellent insert on the rucksack frame providing some minor relief from the manufactured edges digging into the trooper’s back. These lasted about a month, when they would be eroded to uselessness by a combination of sweat, rain and bodily abrasion.

On some fire bases, under constant enemy artillery and mortar fire, a bunker might use an empty C-ration box as a hasty latrine in lieu of going above ground. The contents could be closed within the box, the sleeve reattached and tossed out of the bunker, to be managed at an all-clear. Empty ration boxes were also ideal for delivering mail or other items to a unit in the deep jungle, by kicking them out over the canopy and letting them free fall to the unit below.

The sundry box was one of the most anticipated in a grunt's life. It held an array of "almost-home" stuff: cigarettes of several varieties and in full cartons, pipe tobacco, rolling papers and matches. It contained paperback books and magazines. Stationery and pens. Candy, candy bars, suckers and gum. Unfortunately, the cardboard was thin and had only one-time use as a flattened buffer between a troop and the ground in the night defensive position. It was highly prized.

Boxes were not confined to the infantry. Aviators, usually door gunners, had plastic dairy boxes under their seats. They held extra ammo, oil cans and field dressings to swab gun barrels when it got hot, as well as various aviation manuals and maintenance papers, mixed C-ration cans, canteens or reading material, all within easy reach. Toward the rear of the helicopter there was usually another box filled with quart cans of hydraulic fluid – the blood plasma of the engine.

Mech and armor units made prodigious use of boxes. For purposes of necessity and weight-bearing, their boxes tended to be of a heavier composition.

The most obvious "box" was the M113 track carrier, or APC, and its ACAV and recovery variants. This box held the lives inside and was packed with other boxes of food, sundries and ammunition. This was a moving box and, like the turtle's shell, the home of the occupants. Boxes of ammo were arranged as flooring with strategic sandbags for standing. In the best case, the ammo was readily at hand just by reaching down. In the worst case, the sandbags and ammo boxes provided some degree of protection between an ignited road mine and the occupants. Under the track commander's position, also the .50-cal primary machine-gun location, was usually another box similar to that of the helicopter door gunner. This would have a machine-gun ammo box. Inside would be the .50-cal timing keys, a large railroad oil can and several thick cotton towels, which would be used to cool and wipe the gun. It might also have several bottles of mosquito repellent. Next to it, on a small metal shelf, would be an open box of OD-colored Pyrethrin insect spray bottles. These would be grabbed by any occupant to assault the tree ants and scorpions the APC may have shaken down in the bush.

The tankers had much the same arrangement with boxes, but with some important variations. Crucial was a C-ration box holding the coax link chutes that fed out the expended coax gun brass. These had been carefully selected by the senior NCO over time and accompanied him wherever he went. A functioning link chute was a prize possession. Also, internal to the tank, was usually a plastic dairy box. This would be filled with cans of hydraulic fluid for the main gun system. Constant battering of the long barrel would often rupture the hydraulics, rendering the gun useless to twist and flop at an angle against the frontal glacis. More fluid could mean more gun.

Regardless of unit, boxes were important to those in contact. Boxes of ammo, batteries, hand grenades and smoke grenades would be kicked out over the conflicted element. If things were difficult, morphine surettes would be packed in their small cardboard box and placed in an empty machine-gun ammo box, a smoke grenade attached, and kicked out overhead. Ringer's 5%, the solution of choice for combat medics, arrived in .50-cal ammo boxes tightly packed with towels, rags or unneeded, bloody uniform pieces, to cushion the shock. A Stokes litter – a box by another name – would be lowered through the canopy by a medevac helo to extract the critically wounded.

When a tour was over, boxes continued to be a common part of life. Old unneeded materials that had been boxed and stored on initial arrival would be unboxed and assessed for utilitarian value.

Some items, such as a Class A uniform, might be extracted and cleaned for return. Souvenirs and bulky materials such as PX purchases of audio or video devices, clothing or PACEX catalog gifts, would be boxed, addressed and shipped by the local Army Postal Organization to home, wherever that might be.

Arriving at the Freedom Bird processing center, a returnee would note the last box of the Vietnam experience: an amnesty box at the foot of the portable staircase leading into the aircraft.

Aligned on a pallet, just under the aircraft, were also the stacks of silver rectangular containers, full of people no longer needing any other innovative purpose of a box, the thing that accompanied every soldier's daily evolution in the theater of war known as Vietnam. 🇺🇸

*Retired Army Col. Keith Nightingale served two tours in Vietnam and later commanded battalions in Italy, the 82nd Airborne Division and the Ranger Regiment. He was an assault force commander in Grenada, a member of the Joint Chiefs of Staff Special Operations Directorate and an original member of the Joint Special Operations Command.*



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Army veteran William Lapschies enjoys an in-person visit from his daughter, Carolee Brown, and her husband Jim at the Edward C. Allworth Veterans' Home in Lebanon, Ore., following his recovery from COVID-19. Photo courtesy Jamie Yutzie

# 'Lover of life'

*Family of 104-year-old Oregon veteran feared the worst when the COVID call came.*

BY KEN OLSEN

**W**illiam Lapschies' family got the call about two weeks after the 104-year-old resident of an Oregon state veterans' home was diagnosed with COVID-19, in March 2020. "The doctor said, 'You might want to come and say goodbye,'" says Jamie Yutzie, Lapschies' granddaughter.

The dire prognosis wasn't entirely surprising. One of the first residents of the home stricken by the coronavirus, Lapschies had a fever as high as 103 and struggled to breathe as he battled the virus. But when his family arrived outside his window, Lapschies was sitting in his wheelchair and waving. And on Dec. 28, he and others at the Edward C. Allworth Veterans' Home in Lebanon received their first doses of the COVID-19 vaccine.

Lapschies' recovery is all the more remarkable given that residents of long-term care facilities account for nearly 40 percent of all U.S. COVID-19 deaths, according to the COVID Tracking Project. And 54 percent of Oregon's COVID-19 fatalities have occurred in nursing homes and other long-term care facilities. Moreover, state veterans homes in Massachusetts, New Jersey, Pennsylvania, Alabama, Hawaii and other places have suffered high rates of COVID-19 deaths among residents.

A lack of comprehensive data about COVID-19 infections in federal, state and private nursing homes makes it difficult to compare how each is handling the infections. However, provisions in the Veterans Health Care and Benefits Improvement Act



# Breakthrough From #1 U.S. Hospital Clears up Sinus and Nasal Problems - Fast!

**New discovery targets infected throat mucus - to stop post nasal drip, congestion, runny noses, coughing, sneezing, ringing ears, and sore throats**

By Wayne B. Roberts

Associated Health Press

Doctors at a medical center based in Minnesota have discovered the real cause of nearly all sinus and nasal infections. They were shocked to find it is infectious fungi you inhale through your nose.

Now, a breakthrough 100% natural formula, **Sinuprol**, can help get rid of chronic sinus infection, called "sinusitis" - an insidious condition that can lead to blood clots and brain infection, causing abscesses, meningitis, and even death!

The sinus infection can also spread to your facial bones, triggering headaches, fever, and swelling in the eye socket -- which in some cases can cause loss of vision.

## How Sinuprol works

Sinuprol is the **FIRST** nasal treatment that can quickly flush infected mucus from your nose -- without surgery.

Antibiotics, antihistamines, and steroid-containing nasal sprays are no help in fighting sinus infection. In fact, over-the-counter decongestant sprays can actually harm the small hairs lining your nose, causing mucus to build up even more.

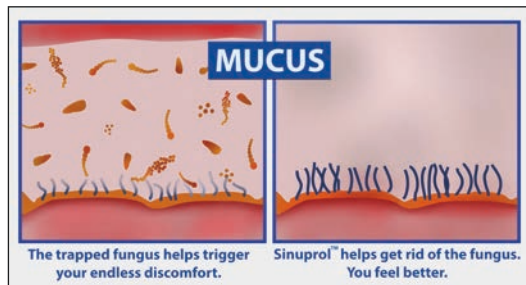
The result? Sinuprol can dry up runny noses, end constant coughing, and unclog your swollen nasal channels - safely, swiftly, and effectively.

"Up to now, the cause of chronic sinusitis has not been known," says Dr. David Sherris, ENT. "In fact, fungus is likely the cause of nearly all these problems."

Dr. Gary Bennett, MD says, "The root cause of fungal sinus infections is the exposure to fungus and mold spores in the air. Once inhaled, the fungi can become lodged in the mucosal lining of the sinuses."

## Fungi triggers 96% of sinus problems

Top doctors have found that chronic sinus in-



fection is caused by inhaling 40 different types of infectious fungus in the air you breathe. The proof? In a study of 210 people with sinus infections, 96% of them had fungus in their mucus.

Did you know you take approximately 24,000 breaths daily, inhaling 90 percent of the infection-causing fungi in your body through your nose? Or that insulation with poor ventilation, plus indoor mold and air pollutants, have triggered a plague of sinus and nasal problems affecting millions?

How? These harmful fungi hide in your throat, where they infect your mucus, causing your nasal passages to swell up.

Result: Congestion, dripping mucus, runny nose, endless sneezing, constant coughing, ringing in your ears, sore throat, and tenderness of the face. No wonder millions of sinus sufferers are now rejoicing about this new solution!

## The natural alternative to nasal sprays

Sinuprol is a unique drug-free formulation made from all-natural ingredients. These include *Urtica Dioica*, *Pinus Maritima*, *Petasites Hybridus*, and other herbs clinically proven to fight fungal infection.

For instance, a clinical study published in the *Journal Phytotherapy Research* found that *pinus maritima* extract reduced nasal symptoms by 42% in just 8 weeks. In addition, Sinuprol also supports your upper respiratory system, so that you breathe more freely.

## Dries up runny noses

A stuffed-up nose may be just a cold. Or, it may be something far worse: a sinus infection, otherwise known as "sinusitis."

According to the Centers for Disease Control (CDC), about 37 million Americans suffer from sinusitis. Sinus infections are responsible for 16 million doctor visits and \$150 million annually spent on prescription medications.

## Helps with allergies, too.

"Allergic rhinitis" is a chronic nose cold sparked by an allergy attack. Sinuprol can help end the sneezing, watery eyes, and congestion caused by allergic rhinitis. How? By blocking and sweeping out dust, mold, pollen, fungus, and animal hair before they cause bigger problems.

In a study appearing in *Advances in Therapy*, 580 patients took 16 mg of butterbur leaf extract, an active ingredient in Sinuprol, daily for 2 weeks.



**STUNNING RESEARCH SHOWS** that 38 different kinds of harmful fungus may be hidden in your mucus, causing sinus nightmares. Now a new doctor approved treatment dissolves infected mucus to help you breathe easier.

The symptoms of allergic rhinitis, which included sneezing and congestion, improved in 90% of the participants.

## Keeps your nose fungus-free

Having sinus infection is not the norm: The National Institutes of Health reports that "healthy sinuses contain no bacteria or other germs. Mucus is able to drain out and air is able to circulate."

Whether your sinus discomfort is the result of an allergy, a fungus, virus, or from a bacterial infection, Sinuprol can help drain away infected mucus. The formula is manufactured in an FDA-registered facility. And no prescription is required.

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This is the official release of Sinuprol in the state. Therefore, everyone who calls within the next 10 days will receive up to 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for up to 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

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of 2020 – which took effect in January – requires state-run veterans homes to report the number of COVID-19 infections and deaths in their facilities to VA, the CDC and the National Healthcare Safety Network on a weekly basis. VA is sharing the total number of cases and deaths in these facilities at [www.publichealth.va.gov/n-coronavirus](http://www.publichealth.va.gov/n-coronavirus).

Lapschies' family credits the World War II veteran's positive attitude, as well as the quality of care he receives for his recovery. "It's a nice facility – state of the art," Yutzie says. "They take care of him like he's Grandpa." In addition, the Lebanon veterans home hasn't recorded a single COVID-19 case since June. (Oregon's other state veterans home, in The Dalles, had a second COVID-19 outbreak in October.)

At the same time, strict visitor restrictions, which Yutzie understands, are difficult for her grandfather. "That's the hardest part for him," she says of rules that kept family from getting closer than the outside window of his room for most of the last year. "The first thing he always said was, 'Come on in.'"

Lapschies was born and raised in Salem, Ore. He met his future wife, Almadean "Deanie" Beutell, at the pulp and paper mill where he worked after graduating from high school. A few years later, he landed his first job at a car dealership – a great match for his upbeat personality. "I don't think I've ever seen that man angry," Yutzie says. "He's just kind of a lover of life and people love him back."

He was drafted into the Army in May 1945 and completed basic training at Fort Ord, Calif. The day before he was supposed to ship out to Pearl Harbor, Lapschies received orders to instead go to Adak Island, Alaska, where he served as a heavy equipment dispatcher. Family photos show over-the-rooftop snow that meant soldiers were always digging to get to the doorways of the Quonset huts on the base. But Lapschies didn't consider it a hardship. "He would tell people that he wasn't on the front lines, wasn't in hand-to-hand combat," Yutzie says.

After the Army, Lapschies returned to what became his 44-year career as a car salesman – first at Orville's Car Sales in Salem and then Philipi Ford



*Lapschies was married with two young daughters when he was drafted into the Army in 1945. He served as a heavy equipment dispatcher in the Aleutian Islands.* Photo courtesy Jamie Yutzie

in Stayton. He and his wife bought a piece of land in nearby Aumsville. "It was more of a play farm," Yutzie says. "They had cows, a pig here and there, dogs and cats. Grandma had a garden. And they had a collection of bird houses that he built," she says of her grandfather. The farm is still in the family.

Some of Yutzie's favorite childhood memories are of visiting Wallowa Lake in eastern Oregon with her grandfather and grandmother. Her mother, Carolee, remembers camping trips all over Oregon, most of which included a group of neighborhood kids who

considered Lapschies a father figure and still keep in touch. They slept on cots in Army surplus tents. "My mom says every time she smells something musty, it takes her back," Yutzie says.

Lapschies and his wife celebrated their 60th wedding anniversary before she passed away in 2001. He lived on his own until mid-2019, when he moved into the Lebanon home.

The pandemic ruled out a party for Lapschies' 104th birthday, so his family held a socially distanced celebration outside. "The veterans' home blew up 104 balloons and we got him his own cake," Yutzie says. "We put it out on Facebook and he got cards from all over the world."

A few family members were finally able to see Lapschies in person shortly before Thanksgiving. "It was an emotional and exciting day for us all," Yutzie says. "Of course, we had to be COVID-tested before entering the veterans home and were escorted directly to his room."

She and her mother went back the day before Christmas, decorated Lapschies' room, gave him gifts and looked at family photos on her iPhone. "He finds these fancy phones fascinating – and took a selfie with us," Yutzie says.

Will there be a big party when Lapschies turns 105 on April 1? "I'm not sure," Yutzie says. "Hopefully, everything will open up so his family and everyone can wish him happy birthday – together and in person." 🌿

*Ken Olsen is a frequent contributor to The American Legion Magazine.*



# All-New Legal Tender \$2 Bill Salutes THE 75TH ANNIVERSARY OF THE DAY THAT WON THE WAR



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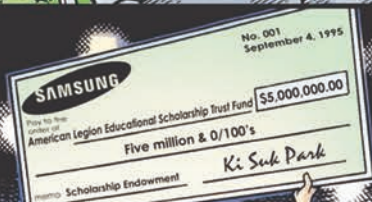
# LORE OF THE LEGION

STORY: JEFF STOFFER  
ART: GARY MARTIN  
COLOR: MARCUS ESKOW

THOUSANDS POUR INTO WASHINGTON D.C. IN 1995 TO DEDICATE THE NEW KOREAN WAR VETERANS MEMORIAL ON THE NATIONAL MALL.

ON THE EVE OF THE CEREMONY, JULY 26, AMERICAN LEGION NATIONAL COMMANDER WILLIAM DETWEILER AND SAMSUNG CORP. CHAIRMAN KI SUK PARK CALL A PRESS CONFERENCE:

"SAMSUNG WOULD LIKE TO RECOGNIZE THE SACRIFICES OF U.S. SERVICEMEN AND WOMEN WHO SERVED DURING THE KOREAN WAR TO PROTECT AND MAINTAIN THE KOREAN PENINSULA. WE WANT TO DEMONSTRATE OUR APPRECIATION, AND THE BEST WAY TO DO THIS, WE BELIEVE, IS TO OFFER EDUCATIONAL OPPORTUNITIES TO THE CHILDREN AND GRANDCHILDREN OF AMERICAN VETERANS."

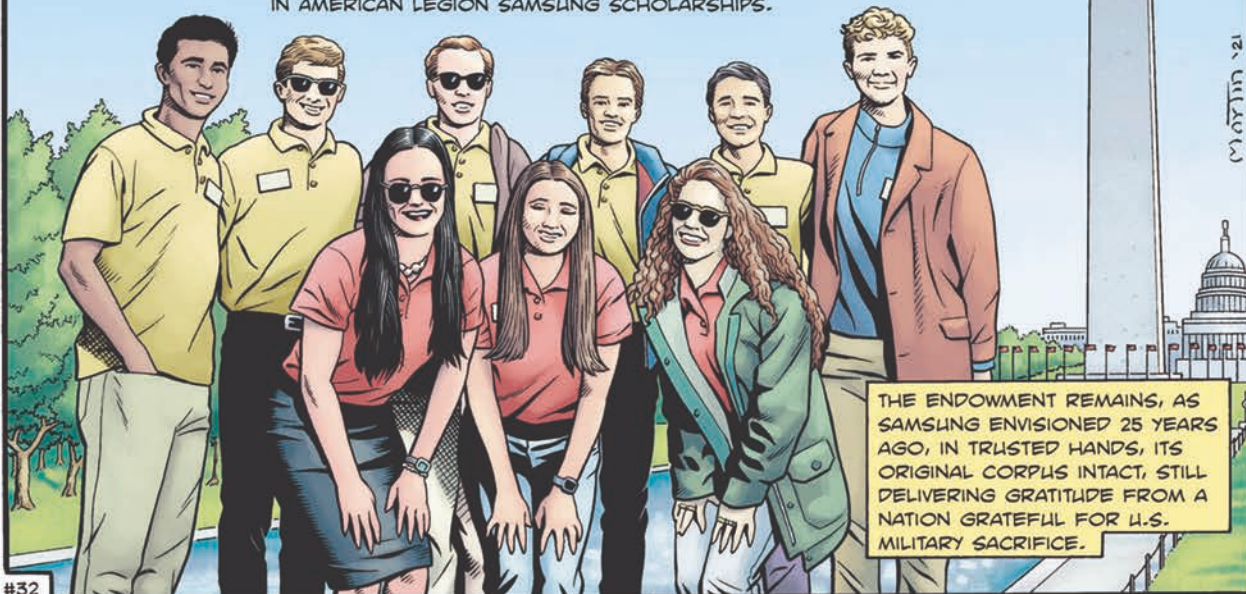


THE ANNOUNCEMENT COMES WITH A \$5 MILLION CHECK. THE AMERICAN LEGION-SAMSUNG SCHOLARSHIP IS BORN.

BO-SOON SONG, PRESIDENT AND CEO OF SAMSUNG NORTH AMERICA, TELLS DELEGATES TO THE 77TH NATIONAL CONVENTION WHY THE AMERICAN LEGION WAS CHOSEN:

"NOT ONLY IS THE AMERICAN LEGION THE LARGEST VETERANS ORGANIZATION IN THE UNITED STATES, IT IS DEEPLY INVOLVED IN EDUCATIONAL PROGRAMS DEVOTED TO THE YOUNG PEOPLE OF AMERICA ... IT IS SAMSUNG'S HOPE THAT THIS SCHOLARSHIP PROGRAM WILL MAKE A DIFFERENCE IN THE LIVES OF AMERICAN STUDENTS AND THAT AMERICANS WILL ACCEPT THIS GESTURE AS SINCERE GRATITUDE FOR THEIR SUPPORT."

BY 2019, NEARLY 2,300 DESCENDANTS OF U.S. WAR VETERANS WHO PARTICIPATED IN AMERICAN LEGION BOYS STATE OR AMERICAN LEGION AUXILIARY GIRLS STATE PROGRAMS HAVE RECEIVED OVER \$6.5 MILLION IN AMERICAN LEGION SAMSUNG SCHOLARSHIPS.



THE ENDOWMENT REMAINS, AS SAMSUNG ENVISIONED 25 YEARS AGO, IN TRUSTED HANDS, ITS ORIGINAL CORPUS INTACT, STILL DELIVERING GRATITUDE FROM A NATION GRATEFUL FOR U.S. MILITARY SACRIFICE.



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## EMPLOYMENT

# THE CREDENTIALING LANDSCAPE

*The American Legion unveils the first element of the Military Credentialing Advancement Initiative, giving veterans and servicemembers credit for the skills they acquired while enlisted.*

Although countless servicemembers enlist with the hope of gaining new skills that prepare them for careers, many veterans find out far too late that the private sector has no systematic way of measuring those skills. That means missing out on job opportunities, enrolling in college courses that teach them what they already know, or jumping through bureaucratic hoops that stall their careers for months or even years. In 2019, The American Legion set out to change that with the creation of the Military Credentialing Advancement Initiative (MCAI). With funding from the Lumina Foundation, MCAI has just captured the most promising solutions in a new report: “The Future of Credentialing of Servicemembers and Veterans: Leveraging Partners, Policies and Resources.”

A year ago, veteran unemployment was at an all-time low. Even so, LinkedIn reported that 33% of veterans were underemployed, and veterans were 15.6% more likely to be underemployed than nonveterans. The COVID-19 pandemic exacerbated unemployment rates for veterans, providing even greater urgency for the initiative and the report itself.

It’s a complicated challenge with many players, so the document is aimed at colleges and universities, legislators, government agencies and employers involved in manufacturing, health care and information technology, among others. The report also recognizes that the military



**MCAI**

MILITARY CREDENTIALING  
ADVANCEMENT INITIATIVE

must adapt its own education and credentialing programs to ease a servicemember’s transitions into civilian roles.

“Future of Credentialing” looks at model programs and public-private partnerships (such as the Utility Workers Military Assistance Program and SkillBridge), recognition of learning and stackable credentials, exemplary government policies, and resources for those looking to help change the landscape for servicemembers and veterans.

The American Legion is now preparing a communications campaign to get the report in front of critical decision-makers in government and the private sector. And throughout 2021, Lumina will carry the MCAI torch, advancing several pilot projects and sharing the results of the most successful programs.

“We’re really excited to work with Lumina to tell the stories of some amazing employers, government agencies and policymakers who are helping fulfill the promise our country has made to millions of men and women,” says John Kamin, education and credentialing policy associate for The American Legion’s Veterans Employment & Education Division. “From the work People’s Gas is doing to put veterans to work in Chicago, to the ways the federal government has streamlined commercial driver’s licenses, there are plenty of successes to build on, and we’re just getting started.”

## HONOR &amp; REMEMBRANCE

## ‘First Colors’ event to broadcast flag-raising at new National World War I memorial



The U.S. flag will be raised above the soon-to-open National World War I Memorial in Washington, D.C., during a live broadcast program April 16.

The ceremony will commemorate the millions of Americans who served in the trenches and on the homefront, transforming the nation through the sacrifices they made and the ideals they bequeathed.

Set to begin at 10 a.m. Eastern time, the 75-minute broadcast will feature Oscar nominee Gary Sinise, as well as performances from the U.S. Army’s Band “Pershing’s Own,” the 369th Regiment Harlem Hellfighters Tribute Band and the original cast of the musical “Hello Girls.” Viewers will also hear insights from elected officials, military leaders, members of the U.S. World War One Centennial Commission and the memorial’s design team.

The flag that will wave over the memorial first flew over the U.S. Capitol April 6, 2017, commemorating the centennial of the day the United States went to war in 1917. It then flew over the American World War I battlefield cemeteries of Europe, honoring the 116,516 Americans who died during the war. The flag’s journey to Europe and back echoes that of the legendary doughboys, honoring those who gave their lives in battle and celebrating others’ triumphant return home.

Register to watch the broadcast at the commission’s website, [ww1cc.org/firstcolors](http://ww1cc.org/firstcolors).

Illustration courtesy U.S. World War One Centennial Commission

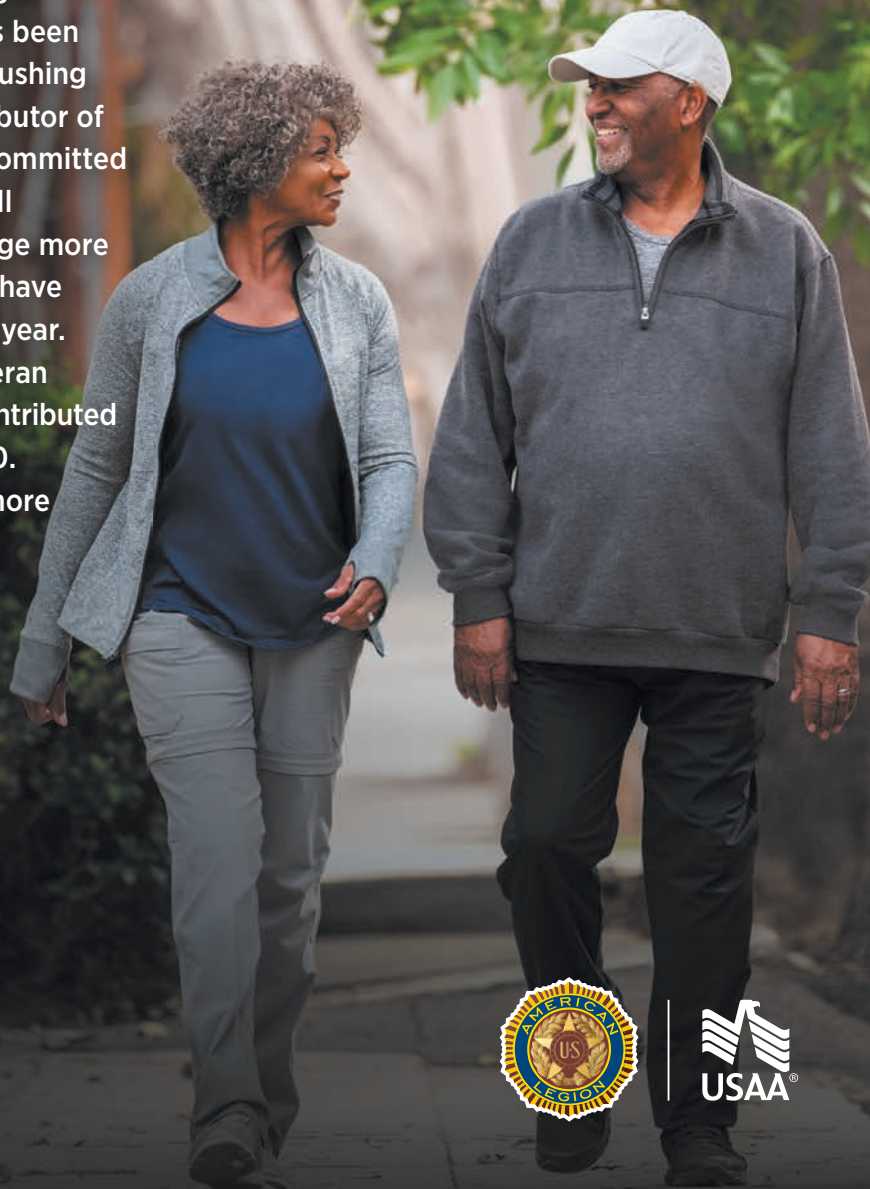




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Courtney VanZanten assists Iraq War veteran Shawn Meyer.

Photo by Greg Latza

## SERVICE OFFICERS

### 'A rewarding position'

After two deployments to Iraq, Army veteran Shawn Meyer struggled in his transition to civilian life. First it was gambling. Then he turned to alcohol.

"I didn't adjust well," recalls Meyer, who was a Bradley mechanic with the 1st Armored Division, 26th Infantry, out of Baumholder, Germany. "I battled addiction a lot. I went to drinking heavily to just forget about everything. I was not dealing with anything that had happened or that I'd seen."

Meyer, who lives in Brandon, S.D., says he "screwed up my life for a good 10 years" before getting sober in 2013. But then his struggles returned. "I started remembering, and the depression, the panic, the anxiety, my previous life – it all came back to me, and I had no place to go."

Though Meyer was skeptical of VA based on a previous experience, he put his trust in Courtney VanZanten, the service officer for the American Legion Department of South Dakota. "I need help," he told her.

As an accredited American Legion service officer, VanZanten is trained to help veterans like Meyer. She helped him enroll in VA, putting him on the path to obtain benefits he previously did not receive. For his PTSD, anxiety and depression related to his service, Meyer's disability rating will be 70 percent.

"She said she could help me," Meyer says. "She came and did all the paperwork right there, at my convenience .... The award is nice, but I learned a long time ago money won't buy you happiness. Courtney gives me hope."

An Air Force veteran, VanZanten has been an American Legion service officer for about five years. Her training and support are funded by the Legion's Veterans & Children Foundation (V&CF), which provides critical training for service officers nationwide so they can remain up to date on claims procedures, benefits and more to assist transitioning servicemembers and veterans.

VanZanten is appreciative of those who support her work through donations to the V&CF. (To make a contribution, visit [legion.org/donate/endowment\\_fund](https://legion.org/donate/endowment_fund).) "It's crucial to have information roll down to us through the training," she says.

Assisting veterans like Meyer is fulfilling to VanZanten, who serves as commander of Arthur Peterson American Legion Post 136 in Chester, S.D. "It's pretty incredible," she said. "This is an incredibly rewarding position. I care deeply about all of my veterans."

– Henry Howard

## EDUCATION

### Eligibility criteria for Texas' Hazlewood Act



**Q:** My younger brother seeks to use the Hazlewood Act to attend a truck-driving school in Houston. However, a community college would not accept it, saying he would have to pay his own tuition. Another community college placed him on a waiting list. Why can he use the Hazlewood Act at the college where he's on the waiting list and not the other school?

**A:** The Hazlewood Act is for eligible Texas veterans who received an honorable discharge and served at least 181 days of active duty. Veterans must reside in Texas, meet the grade point average of the institution's satisfactory academic progress and not be in default of a student loan. The act covers up to 150 hours of tuition exemption, including most fees. It does not provide living expenses, books or supplies. Colleges that provide the Hazlewood Act exemption are Texas public colleges or universities that receive tax support. If your brother applied at the first college and it did not accept the criteria, it may be due to the school being a private, for-profit school and not qualifying for tax support.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz.  
[askvalerie@legion.org](mailto:askvalerie@legion.org)

## YOUTH

**Eagle Scout is so much more than a medal or an award. It's an expectation and a lifestyle. It means that you're a role model to your community every day of your life.**

**Lyndsey Nedrow** of Lancaster, Pa., who achieved the highest rank in Scouting with her sister, Lauren, last October. On Feb. 21, Boy Scouts of America hosted an online ceremony recognizing nearly 1,000 young women as the first class of female Eagle Scouts.



Photo courtesy Lyndsey Nedrow





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Workers pack boxes containing the Pfizer-BioNTech COVID-19 vaccine in preparation for shipment at the Pfizer Global Supply manufacturing plant in Kalamazoo, Mich. Getty

## HEALTH

# Compliments from Paris

French President Emmanuel Macron is praising the U.S. government for its efforts to rapidly develop and distribute COVID-19 vaccines, *Politico* reports.

"The Americans did this very well, much better than us," Macron said. He cited America's federal system of government and a greater willingness to take risk as some of the key reasons for its success.

Macron described the Operation Warp Speed vaccine-development program, which was launched by the Trump administration, as "extremely innovative," especially compared to what he called Europe's "slower strategy." EU agencies "are sometimes perhaps too cautious," he said, before adding, "What's great is that we can benefit from what the Americans did. When they compressed phases two and three of clinical trials, they allowed all of humanity to progress. It's great."

## CAPITOL HILL

# Code names

President Joe Biden's and Vice President Kamala Harris' Secret Service code names have been revealed. As Yahoo News reports, Biden is called "Celtic" by his Secret Service detail, and Harris is called "Pioneer."

## ACTIVE DUTY

# Milestone in Afghanistan

U.S. forces in Afghanistan have gone a full year without a combat death for the first time in nearly two decades, as *Stars and Stripes* reports. The United States has lost 2,452 personnel in Afghanistan since the beginning of the war in October 2001.

## GOVERNMENT

# Legislatures push back

A year after governors began wielding sweeping public-health powers in response to the pandemic, state legislatures are moving to curtail and in some cases permanently roll back those executive powers. As Pew Research explains, the delayed reaction is largely a function of the fact that most state legislatures "convene only for a few months in the winter and spring, or as in states such as Nevada and Texas, for a few months every other year." But legislative bodies are now acting with gusto, as lawmakers in dozens of states take action to check gubernatorial power.

Specifically, the National Conference of State Legislatures reports that legislative chambers in at least 37 states, Guam and Puerto Rico have introduced or are considering more than 200 bills or resolutions in 2021 that "would limit or provide oversight of governors' powers or executive spending during the COVID-19 pandemic or other emergencies."



An illustration shows NASA's Perseverance rover landing safely on Mars. The rover touched down in relatively rugged terrain, about a mile southeast of the center of its target. NASA

## SCIENCE

# We found the parking lot, and hit it.

**Allen Chen**, entry, descent and landing lead for NASA's *Perseverance* mission. On Feb. 18, the vehicle carrying the rover entered the atmosphere at 12,000 miles per hour, then deployed a parachute while going nearly twice the speed of sound. A sky crane lowered the rover to the surface, where it will search for signs of past life and gather soil samples. Source: *The Washington Post*



## RAPID FIRE



Capt. Cassidy Norman lands an F/A-18E Super Hornet, attached to the "Gladiators" of Strike Fighter Squadron 106 (VFA-106), on USS Gerald R. Ford's flight deck Oct. 31. Norman has conducted carrier qualifications on six classes of aircraft carriers. U.S. Navy photo

### ACTIVE DUTY

## Elite company



U.S. Navy photo

When Navy Capt. Cassidy "Dudley" Norman landed an F/A-18E on the Navy's newest aircraft carrier, USS Gerald R. Ford, he joined an elite fraternity of naval aviators who have landed on six different classes of aircraft carriers.

As *Business Insider* reports, after receiving his commission in 1993, Norman qualified on USS Abraham Lincoln, which is a Nimitz-class carrier, then received his first assignment on USS Independence, which is a Forrestal-class carrier. He then served aboard USS Kitty Hawk, USS John F. Kennedy and USS Enterprise. Each of those represents its own class of carrier. Norman, who has logged more than 3,000 flight hours and secured 702 traps in his career, recently took command of USS John C. Stennis, a Nimitz-class carrier.



National Guard photo

### ACTIVE DUTY

## Flying first responders

Four U.S. soldiers and a flight surgeon serving in Germany aboard a CH-47F became first responders recently, assisting a German citizen injured in a car accident. As DoD reports, the crew – assigned to an aviation brigade within the 101st Airborne Division – had just completed a training exercise and was headed back to base near Illesheim, Germany.

"We were flying over a ridgeline in a rural area," said Chief Warrant Officer Dave Acton. "Once we cleared it, my crew chief in the back came on the comms system and said he saw a puff of white smoke on the road below."

"After I called that in, I looked further down the road and saw a car roll over two or three times," said Spc. Bruce Cook, a crew chief.

The crew quickly decided to circle back and land to offer assistance. "We all simultaneously thought the same thing ... that the right thing to do was to assist however we could," said Chief Warrant Officer 2 Robert Riedel.

Flight Surgeon Maj. Benjamin Stork assessed the situation, stabilized the driver's neck and back, briefed local paramedics upon their arrival on the scene, assisted in moving the injured man to an ambulance and then hopped back in the Chinook. Stork said it all took about 10 minutes.

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## CAREERS

## Where's the hiring action?



One of the single greatest values of the internet is the treasure trove of information about hiring and employment trends. I find myself spending hours every month researching where there's hiring action, to provide sound advice to my readers. Here is some of the latest information I've found that can help you identify your job targets and

manage a successful search campaign.

In no particular order, here are some of the professions showing strong and sustained growth, along with a few representative job titles for each.

- **Sales professionals** – Sales representatives, sales consultants, sales operation assistants, inbound sales specialists, business development professionals
- **E-commerce front-line jobs** – Drivers, supply chain associates, package handlers, warehouse personnel, logistics and distribution associates
- **Digital marketing and content professionals** – Digital marketing specialists and representatives, marketing associates, search engine optimization specialists, content coordinators, writers, podcasters, bloggers
- **User experience professionals** – User experience designers, product design consultants, user interface coordinators, researchers
- **Artificial intelligence and data scientists** – Machine learning engineers and researchers, artificial intelligence specialists, data scientists, data science specialists, data management analysts
- **Nursing and health-care support personnel** – Registered nurses, certified nursing assistants, nurse practitioners, health-care assistants, pharmacy technicians, dental assistants, home health aide
- **Educators** – Teachers, trainers, tutors, teaching assistants, curriculum developers, educational assistants, instructional aides
- **Loan and mortgage experts** – Underwriters, mortgage loan and lending officers, escrow officers, loan closers, mortgage program administrators
- **Professional coaches** – Career coaches, life coaches, business coaches, fitness coaches, health and wellness coaches

If you'd like to expand your own job search research – not just for open positions, but for information on the jobs and industries on the rise – spend some time on a few of my favorite sites to uncover valuable data: LinkedIn, Indeed, CareerBuilder, Monster, USAJOBS (federal government opportunities), and the U.S. Bureau of Labor Statistics (thousands of pages, graphs, tables on employment projections, salary, geography, and scores of other topics). Happy hunting!

Wendy Enelow is a master résumé writer, and the author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles. [wendy@wendyenelow.com](mailto:wendy@wendyenelow.com)

## MEDIA

## One year and growing for Tango Alpha Lima

To mark the first anniversary of The American Legion's Tango Alpha Lima podcast in April, here are some numbers through the end of February:

**16,644** Total downloads

**2,133** Downloads in July, the highest monthly total

**1,131** Downloads for Episode 8, released June 24, the most of any episode. Topics included racial tensions, renaming military bases and Green Berets playing video games.

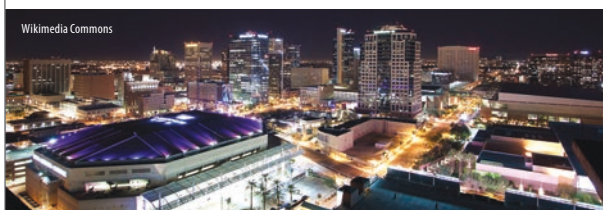
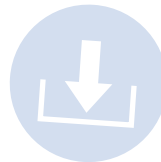
**350** Hours viewing video versions of podcast on YouTube

**53** Estimated number of grilled cheese sandwiches co-host Mark Seavey has consumed during recordings

**23** Crayons co-host Jeff Daly has used up writing his notes for the show

**2** Ways you can enjoy the witty banter, insightful takes and entertaining guest interviews. Audio versions of each episode can be found on iTunes, Stitcher, Spotify and other podcast-hosting sites. Videos are available at the Legion's YouTube channel, [youtube.com/americanlegionHQ](https://youtube.com/americanlegionHQ).

Each episode of Tango Alpha Lima is released by 9 a.m. Eastern time on Tuesday. For more information and to check past episodes, visit [legion.org/tangoalphalima](https://legion.org/tangoalphalima).



## NATIONAL CONVENTION

## Phoenix-area posts available to host gatherings

A list of Phoenix-area American Legion posts able and willing to host functions for departments and other groups during the 102nd National Convention in August is online at [legion.org/convention/resources](https://legion.org/convention/resources).

Each post's listing includes its name, address, contact information, capacity and distance from the Phoenix Convention Center. The list will be updated as more posts offer to host events.



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Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually a compilation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in

the blood at the same levels HGH existed in the blood when we were 25 years old.

There is a receptor site in almost every cell in the human body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of \$10,000 US per year.

The next big breakthrough was to come in 1997 when a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR now available in America, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age rapidly but would rather stay young, beautiful and healthy all of the time.



The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective, is oral instead of self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR is truly a revolutionary paradigm shift in medicine and, like any modern leap frog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products stated in a recent interview, I've been waiting for these products since the 70's. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the failure of Congress to honor our seniors with pharmaceutical coverage policy, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health, HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong, healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85, walks two miles a day, plays golf, belongs to a dance club for seniors, had a girl friend again and doesn't need Viagra, passed his drivers test and is hardly ever home when we call - GHR delivers.

HGH is known to relieve symptoms of Asthma, Angina, Chronic Fatigue, Constipation, Lower back pain and Sciatica, Cataracts and Macular Degeneration, Menopause, Fibromyalgia, Regular and Diabetic Neuropathy, Hepatitis, helps Kidney Dialysis and Heart and Stroke recovery.

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## PERSONAL FINANCE



## Financial tips when going through a divorce

## FOCUS ON FINANCES



J.J. MONTANARO

A lot of the topics I write about get me excited. Saving, investing, budgeting and paying down debt all create a framework for financial success. So even if they aren't flashy, if you read about them at the right time, the message can inspire actions that propel you to a better place. To me, that's motivating.

On the surface, an article about divorce may not hold the same promise. However, if you think about it, it really does. Doing a divorce "right" can help you avoid a big financial hole and allow you to stay on track so you can achieve the goals you have for you and your family.

If you find yourself walking this path, these five tips can help you mitigate divorce's negative effects:

- **Get the right help.** Combine all that's at stake with the complex laws on this subject, and it's clear that most folks will benefit from professional guidance. Engaging an attorney, a certified divorce financial analyst or an accountant shouldn't be interpreted as an act of war. In fact, the old saying "we don't know what we don't know" sums up the necessity. Each situation's unique aspects – such as military service, for example – make qualified help critical. You might also want to consult with an accountant or a financial planner to truly understand the short- and long-term financial and tax consequences of divorce.

- **Don't let emotions throw you off track.** If we take an honest look at our personal history, we can all probably see situations – purchases, job moves, investment decisions – where emotions were not helpful. It's hard to imagine a more emotionally charged situation than divorce. Use your counsel and the counsel of those you trust to better navigate this difficult time.

- **Dig into the details early.** Commit to "making it happen" rather than "letting it happen to you." Early on, focus on gathering all the details and data: tax returns, financial statements, pay stubs, benefit information, assets and liabilities. This is especially important if you have been less involved in your family's finances. All this information will help provide you and your team with a comprehensive lay of the land.

- **Understand Social Security and other benefits.** There are a lot of unique rules when it comes to retirement plans, Social Security and military benefits. For example, the Uniformed Services Former Spouses' Protection Act allows, but does not mandate, military retirement to be divided as property by state courts. Social Security has an array of rules regarding divorce and, in certain circumstances, allows a former spouse to receive benefits based on an ex-spouse's earnings record. Again, get good help.

- **Build your plan and follow through.** Years ago, when I had my own book of clients, I met with a divorced client. As I was reviewing her account statement, I noticed she had a large jointly owned investment account. The curious part? Her ex-spouse was on the account with her and had complete access. Oops. Whether it's updating beneficiaries, retitling assets, closing all joint accounts, or establishing credit, deposit accounts and acquiring insurance in your own name, find the energy to follow through.

It's hard to imagine divorce being a seamless experience, but you can make it less painful from a financial perspective by focusing on what you can control.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

[legion.org/usaa/focusonfinances](https://legion.org/usaa/focusonfinances)

## ECONOMY

## The staggering costs of COVID-19

As Americans emerge from the pandemic year, political scientists and economists are beginning to count the costs of COVID-19 and the government response to it. In a paper for *JAMA: The Journal of the American Medical Association*, Harvard professors David Cutler and Lawrence Summers estimate the "mortality, morbidity, mental health conditions and direct economic losses" in the United States to be a staggering \$16.121 trillion.

"The lost output in the Great Recession was only one-quarter as large," they explain by way of comparison. "The economic loss is more than twice the total monetary outlay for all the wars the United States has fought since Sept. 11, 2001, including those in Afghanistan, Iraq and Syria."

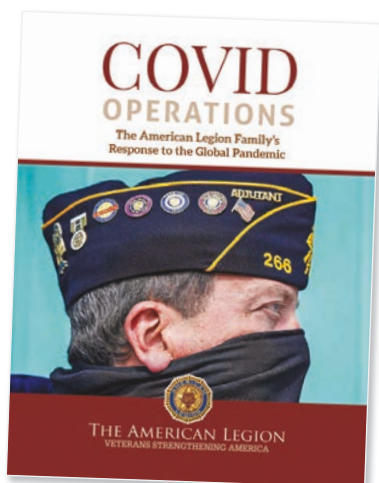
## ACTIVE DUTY

## Shot in the arm

The Pentagon has deployed an additional 20 teams of active-duty military personnel to support FEMA's vaccination centers around the country, *Inside Defense* reports. Some 4,700 active-duty troops are assisting FEMA, which has asked the Pentagon for as many as 10,000 troops to aid the vaccination effort. A Pentagon spokesman says the Defense Department is taking a "phased approach" in how it releases personnel to the vaccine effort.







**"This is like a combat mission. We get the job done."**

Rockland, Maine, Winslow-Holbrook-Merritt Post 1  
American Legion member Russell Wolfertz Jr.

Buddy Checks, blood drives, food service, protective equipment, safe ceremonies, 100 Miles for Hope and virtual reality are among the many ways the American Legion Family has confronted a year of public-health crisis. **COVID Operations: The American Legion Family's Response to the Global Pandemic** is an 84-page illustrated book, presenting in post-by-post detail what is meant by **"Veterans Strengthening America."**

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#### ECONOMY

### Free states

**New Hampshire** retains its status as the most economically free state on the Fraser Institute's Economic Freedom of North America report, an annual measure of government spending, taxation and labor market restrictions. **Florida** comes in at second, **Virginia** third, **Texas** fourth and **Tennessee** fifth. At the other end of the spectrum, **New York** is last. **West Virginia** is 49th, **Alaska** 48th, **California** 47th and **Vermont** 46th.

To find out where your state ranks, visit [fraserinstitute.org/studies/economic-freedom](http://fraserinstitute.org/studies/economic-freedom).

## IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

Did you know that 18% or almost twice as many men with military service experience urinary incontinence?

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## How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information via our website, [www.legion.org/reunions](http://www.legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

## Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

## AIR FORCE / ARMY AIR FORCES

**8th Tact Ftr Wing (Ubon RTAFB)**, San Antonio, 8/25-27, John Leichter, (216) 633-2342, [piratefan1960@gmail.com](mailto:piratefan1960@gmail.com); **48th Tact Hosp (RAF Lakenheath, England)**, New Orleans, 12/2-5, Mike Hawkins, (850) 339-6832; **48th Tact Hosp Assn**, Los Angeles, 4/4-11, William Giusti Jr., (831) 708-4041, [bgiusti@gmail.com](mailto:bgiusti@gmail.com); **55th, 58th WRS & Sister Sqdns**, Branson, MO, 9/15-17, Joe & Bonnie Devenport, (282) 222-2434, [joe.devenport@sbcglobal.net](mailto:joe.devenport@sbcglobal.net); **C-123s in SE Asia**, Charleston, SC, 4/26-30, Sue Rice, (417) 872-9750, [ricepad13@gmail.com](mailto:ricepad13@gmail.com)

## ARMY

**1/92nd Field Arty Brave Cannons**, Branson, MO, 10/13-17, Steve Benthine, (630) 750-5750, [sbenthine@yahoo.com](mailto:sbenthine@yahoo.com); **3rd Plt 501st MP Co (Bemberg, Germany, 1990-1993)** – 30th Anniv of Gulf War, San Diego, 6/16-20, Robert Howard, (407) 412-1443, [rehoward305@yahoo.com](mailto:rehoward305@yahoo.com); **8th TAB 25th Arty II Field Force**, Branson, MO, 10/5-9, Robert Herschbach, (573) 513-7084, [hershby1947@yahoo.com](mailto:hershby1947@yahoo.com); **11th Armd Cav Rgt Vets of Vietnam & Cambodia**, Dallas, 8/23-29, Frank Church, (386) 365-0487, [fchurch4@aol.com](mailto:fchurch4@aol.com); **14th Trans Bn (AM&S) (GS) (Nha Trang, Tuy Hoa/Phu Hiep, Vietnam, 1965-1972)**, Tucson, AZ, 10/24-28, Dan Quackenbush, (315) 436-0498, [quack0711@twcny.rr.com](mailto:quack0711@twcny.rr.com); **15th Med Bn 1st Air Cav Div**, Kokomo, IN, 6/10-13, Dan & Betty Korty, (765) 714-6838, [shoefer@frontier.com](mailto:shoefer@frontier.com); **20th Eng Bde (1967-1971)**, Myrtle Beach, SC, 9/23-25, John Groh, (815) 985-4879, [20thmyrtlebeach2021@gmail.com](mailto:20thmyrtlebeach2021@gmail.com); **31st Inf Rgt**, Moline, IL, 9/18-22, Charles Tapp, (864) 680-9165, [ctapp94@gmail.com](mailto:ctapp94@gmail.com); **79th Trans Co (DS) (Qui Nhon, Tuy Hoa, Vietnam, 1965-1972)**, Tucson, AZ, 10/24-28, Art Harrison, (440) 668-0019, [jam1996min@aol.com](mailto:jam1996min@aol.com); **335th Radio Research (Vietnam)**, Louisville, KY, 6/3-6, Jim Mossman, (513) 779-7145, [jmossman@fuse.net](mailto:jmossman@fuse.net); **335th Trans Co (DS) (Chu Lai, Dong Ba Thin, Vietnam, 1965-1971)**,

Tucson, AZ, 10/24-28, Tom Peterson, (316) 650-8822, [gthmspeterson@gmail.com](mailto:gthmspeterson@gmail.com); **339th Trans Co (DS) (Nha Trang, Tuy Hoa/Phu Hiep, Vietnam, 1962-1968)**, Tucson, AZ, 10/24-28, Ralph Frank, (352) 527-9319, [rf339ds@embarq-mail.com](mailto:rf339ds@embarq-mail.com); **540th Trans Co (GS) (Qui Nhon, Vietnam, 1965-1971)**, Tucson, AZ, 10/24-28, Wayne Gallant, (813) 363-5185, [wayne.gallant@sbcglobal.net](mailto:wayne.gallant@sbcglobal.net); **604th Trans Co (DS) (Pleiku, Vietnam, 1966-1973)**, Tucson, AZ, 10/24-28, Sal Mezzapella, (347) 276-4937, [salm102@aol.com](mailto:salm102@aol.com); **608th Trans Co (DS) (Dong Ba Thin, Vietnam, 1967-1972)**, Tucson, AZ, 10/24-28, Tim McElhinney, (360) 977-9800, [tmcelhinney517@hotmail.com](mailto:tmcelhinney517@hotmail.com); **610th Trans Co (GS) (An Khe & Da Nang, Vietnam, 1966-1972)**, Tucson, AZ, 10/24-28, Carl Woods, (620) 842-2180, [carlewoods1948@yahoo.com](mailto:carlewoods1948@yahoo.com); **D Co 1st Bn 6th Inf 198th Light Inf Bde Americal Div (Chu Lai, Vietnam)**, Chattanooga, TN, 9/20-23, Gary Salpini, (703) 425-0522, [gs@d-company1-6.org](mailto:gs@d-company1-6.org); **Firebase Abn 101st Abn 2/501 Inf, 2/319th & 2/11 Arty**, Oklahoma City, 5/11-15, Jim Miller, (708) 205-0548, [ssjimmy@comcast.net](mailto:ssjimmy@comcast.net); **HQ & A Co 4th QM Bn 4th Armd Div (Goppingen, Germany, 1957-1960)**, Pigeon Forge, TN, 6/6-9, Lloyd Harfst, (636) 742-2071, [mlharfst@charter.net](mailto:mlharfst@charter.net); **Nat'l Rakkasan – 52nd Anniv of Hamburger Hill & 30th Anniv of Desert Shield/Storm**, Clarksville, TN, 6/21-25, Tom Martin, (856) 332-7030, [tomsml96@yahoo.com](mailto:tomsml96@yahoo.com); **OCS Alumni Assn**, Columbus, GA, 5/7-11, Ken Davis, (703) 941-9018, [davikenjared@aol.com](mailto:davikenjared@aol.com)

## COAST GUARD

**All Coast Guard**, Coeur d'Alene, ID, 9/24-26, Darlene Amundson, (208) 292-4840, [busypartyplanner@gmail.com](mailto:busypartyplanner@gmail.com)

## JOINT

**Distinguished Flying Cross Society**, Washington, DC, 9/23-26, Warren Eastman, (760) 985-2810, [weastman@dfcsociety.org](mailto:weastman@dfcsociety.org); **Navy/Mar Corps Parachute Riggers Assn Graduates**,

Branson, MO, 5/18-21, Lash Larreau, (316) 648-6078, [lashlarreau@gmail.com](mailto:lashlarreau@gmail.com)

## MARINES

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## NAVY

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**442nd Trans Co Med Trk 24th Trans Bn 124th Trans Cmd (Cam Rahn Bay, Vietnam, 1969-1970)**, Robert Quattlebaum, (334) 596-6299, vbquatt@centurylink.net  
**495th Armd FA (WWII)**, Bill Vosseler, (610) 558-2163, hellcatnews@yahoo.com  
**582nd Trans Co (Brienne Le Chateau, France, 1961-1964)**, Barry Siple, (570) 691-6365, zams@comcast.net  
**1931 Comm Grp (Elmendorf AFB, Anchorage, AK, 1967-1970)**, Glenn Wolfe, (610) 777-1015, gdw133@verizon.net  
**A Co 4th Bn 23rd Inf (Mech) 25th Div (Cu Chi, Vietnam, Jan 1967-Jan 1968)**, Larry Dancer, (562) 941-6833, happydancer2@gmail.com  
**C Btry 3rd Bn 21st Arty "Honest John" (Kitzingen, Germany, 1966-1968)**, Mike Schiferl, (605) 450-1573, redfield9@icloud.com  
**Air Police (Grand Forks AFB, ND, 1961-1965)**, William Mullisen, (424) 227-2920  
**MACV Team 155 (Ai Tu Cbt Base, Quang Tri Province, South Vietnam)**, Tom Zero, orez111@aol.com

### TAPS

**Ronald P. Aldrich, Dept. of Vermont.** Dept. Cmdr. 1993-1994, Nat'l Exec. Cmte. Alt. Memb. 1995-1997, Nat'l Constitution & By-Laws Cmte. Memb. 1993-1997, Nat'l Children & Youth Cmsn. Memb. 2005, Nat'l Children & Youth Cmsn.

Liaison Cmte. Memb. 1997-1999, Nat'l Children & Youth Cmsn. Region 1 Chmn. 2001-2002, Nat'l Children & Youth Cmsn. Region 1 Vice Chmn. 2000-2001, Nat'l Children & Youth Cmsn. Region 1 Memb. 1999-2005, Nat'l Exec. Cmte. Memb. 1997-1999 and Nat'l Sec. Cncl. Vice Chmn. 1992-1993.

**Dennis Belue, Dept. of South Carolina.** Nat'l Americanism Cncl. Vice Chmn. 2010-2011 and Nat'l Military Benefits & Quality of Life Cmte. Memb. 2015-2016.

**Randall A. Fisher, Dept. of Kentucky.** Nat'l Vice Cmdr. 2007-2008, Dept. Cmdr. 2000-2001, Nat'l Exec. Cmte. Alt. Memb. 2003-2007, 2008-2013 and 2015-2017, Nat'l Distinguished Guests Cmte. Vice Chmn. 1999-2003, Nat'l Distinguished Guests Cmte. Chmn. 2008-2009, Nat'l Veterans Employment & Education Cmsn. Chmn. 2009-2010 and 2017-2018, Nat'l Veterans Employment & Education Cmsn. Memb. 2015-2017, Nat'l Exec. Cmte. Memb. 2017, Nat'l Citizens Flag Alliance Advisory Cmte. Memb. 2018-2019, Nat'l Foreign Relations Cmsn. Chmn. 2010-2013, Nat'l Foreign Relations Cmte. Chmn. 2013-2015, Nat'l Legis. Cmsn. Chmn. 2018-2019, Nat'l Legis. Cmsn. Nat'l Cmdr's Rep. 2019-2021, Nat'l Policy Coordination & Action Grp. Memb. 2010-2011, Nat'l Veterans Affairs & Rehab. Cmsn. Memb. 2005-2007, Nat'l Veterans Affairs & Rehab. Cmsn. Liaison Cmte. Memb. 2017, Nat'l Veterans Affairs & Rehab. Cmsn. Region 3 Memb. 2003-2005 and Nat'l Veterans Planning & Coordination Cmte. Memb. 2009-2010.

**Scott J. Gauthier, Dept. of Massachusetts.** Nat'l Veterans Affairs & Rehabilitation Council Memb. 2019-2021.

**Alan P. Hall, Dept. of Florida.** Dept. Cmdr. 1993-1994, Nat'l Homeland Security & Civil Preparedness Cmte. Memb. 1995-2001, Nat'l Emblem Cmte. Memb. 1991-1994, Nat'l Foreign Relations Cmsn. Chmn. 1994-1995, Nat'l Foreign

Relations Cncl. Vice Chmn. 2012-2013 Nat'l Sec. Cncl. Vice Chmn. 1990-1991 and 2001-2012, Nat'l Policy Coordination & Action Grp. Memb. 1994-1995 and Nat'l POW/MIA Cmte. Ex-Officio Memb. 1994-1995.

**Leslie V. Howe, Dept. of Vermont.** Nat'l Exec. Cmte. Alt. Memb. 2006-2007, Nat'l Veterans Employment & Education Cmsn. Liaison Cmte. Memb. 2008-2009, Nat'l Exec. Cmte. Memb. 2007-2009, Nat'l Foreign Relations Cncl. Vice Chmn. 2004-2005, Nat'l Naval Affairs Cmte. Memb. 2009-2012 and Nat'l Sec. Cmsn. Liaison Cmte. Memb. 2007-2008.

**Lloyd L. Little, Dept. of Alaska.** Dept. Cmdr. 1995-1996, Nat'l Exec. Cmte. Alt. Memb. 2007-2008, Nat'l Aerospace Cmte. 1996-2000 and Nat'l Veterans Employment & Education Cmsn. Memb. 2007-2008, Nat'l Security Council Vice Chmn. 1995-1996.

**Charles R. McDonald, Dept. of Pennsylvania.** Nat'l Distinguished Guests Cmte. Vice Chmn. 1998-2001, Nat'l Foreign Relations Cncl. Vice Chmn. 2004-2013 and Nat'l Sec. Cncl. Memb. 2013-2021.

**Roger K. Olson, Dept. of Minnesota.** Dept. Cmdr. 1997-1998, Nat'l Internal Affairs Cmsn. Consultant 1995-1999, Nat'l Conv. Resolutions Assignment Cmte. Memb. 2007-2014 and Nat'l Conv. Resolutions Assignment Cmte. Vice Chmn. 2014-2019.

**Charles T. Tucker, Dept. of Georgia.** Dept. Cmdr. 2010-2011, Nat'l Americanism Cncl. Vice Chmn. 2005-2007, Nat'l Americanism Cmsn. 2007-2019 and Nat'l Education Cmte. Americanism Cmsn. Rep. 2016-2018.

**Henry S.P. Wong, Dept. of Hawaii.** Dept. Cmdr. 1962-1963, Nat'l Americanism Cncl. Vice Chmn. 1997-1998, Nat'l Americanism Cncl. Memb. 2013-2014, Nat'l Counter-Subversive Activities Cmte. Memb. 1986-1992 and Nat'l Children & Youth Cmsn. Memb. 2009-2013.

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*Won't it be great to get out on the golf course and lie in the sun?*

**MY BOSS** told me yesterday, "Don't dress for the job you have. Dress for the job you want." But when I walked into the office today wearing "Ghostbusters" gear, he said I was fired.

**A DINER** asked, "Waiter, didn't you hear me say, 'Well done'?"

The waiter, ignoring the pale-pink steak, replied, "Yes, sir. Thank you. It's seldom we get any appreciation."

**I WENT** to the local Kleptomaniacs Anonymous meeting last night. All the seats were taken.

**WHEN LIFE** gives you mold, make penicillin.

**AS A GROUP** of soldiers stood in formation, the drill sergeant barked, "All you idiots fall out."

As the rest of the squad wandered away, one soldier remained at attention. The drill sergeant walked over until he was eye to eye with him, and then raised a single eyebrow.

The soldier smiled and said, "Sure was a lot of 'em, huh, sir?"

**A WONDERFUL THING** happened to me the other day. A man knocked on the door, and I asked, "Who is it?" He replied, "A bill collector." So I handed him a stack from my desk.



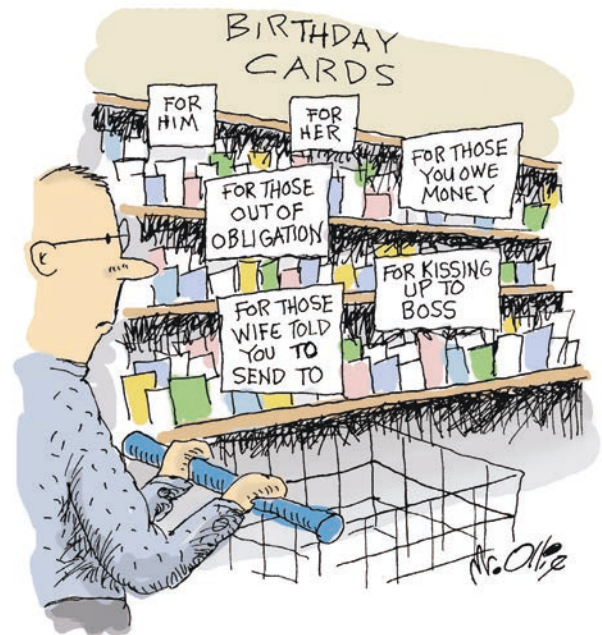
"Begin Operation Curiosity!"

## LAW OFFICES OF

Allen, Bailey, Cooke, Day,  
Embree, Felty, Gross, Hughes,  
Ivyl, Jones, Kogan, Lynch,  
Moreno, Noto, Olson, Plies,  
Qian, Ross, Sandford, Timm,  
Uffman, Vodicka, Washut,  
Xavier, and Yeagle



"Mr. Zakowski! I can't tell you how excited they are to meet you."



**BUCK-PASSING** is not new, but they've never passed faster than they do now.

**A MAN** walked into the income tax collector's office, sat down and beamed at everyone.

"What can we do for you?" the clerk asked.

"Nothing at all," the man replied. "I just wanted to meet the people I'm working for."

**WHAT DID** the janitor say when he jumped out of the closet? "Supplies!"

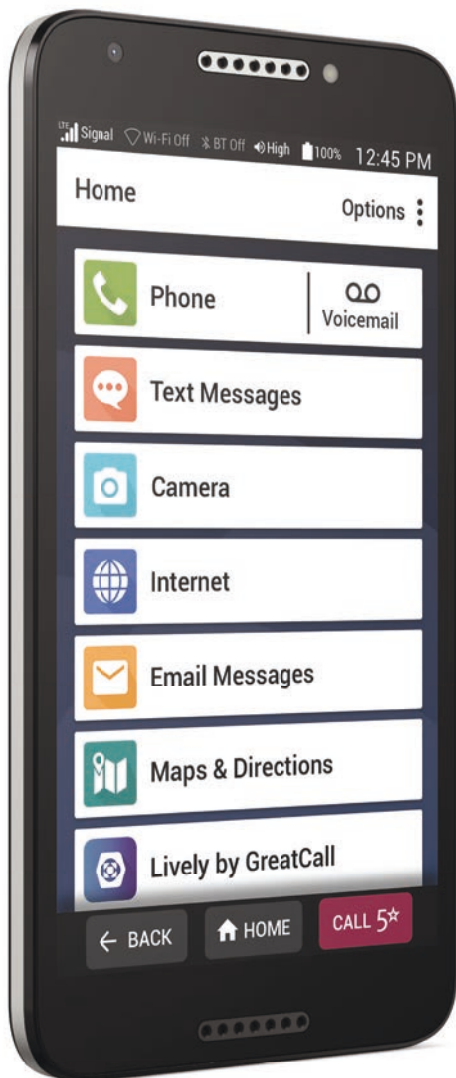
**THERE'S SO MUCH** anger in the world right now. Yesterday the tire of a used car kicked *me*.

**"SENDING YOUR KIDS** to summer camp teaches them important life lessons, like 'You can deal with your problems by sending them to summer camp.'" – Ari Fishbein



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<sup>1</sup>25% off regular price of \$149<sup>99</sup> is only valid for new lines of service. Offer valid 2/28/21 through 4/3/21. <sup>2</sup>Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of \$35. <sup>3</sup>\$300 savings calculation based on market leaders' lowest available monthly published fees. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. 5Star is only available with the purchase of a Health & Safety Package. GREATCALL, 5STAR, and JITTERBUG are trademarks of Best Buy and its affiliated companies. ©2021 Best Buy. All rights reserved.



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One Ounce \$50 Gold American Eagle

**EXCLUSIVE  
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only **\$1,780\*** per ounce



Beginning today, Nationwide Coin & Bullion Reserve will take orders on a first-come, first-served basis for these beautiful one ounce \$50 Gold American Eagle coins. Gold Eagles are the perfect way for Americans to protect their wealth and hedge against inflation and global uncertainty. This offer is for new customers only. There is a strict limit of one coin per household, per lifetime. Nationwide has set these one ounce \$50 Gold Eagles at the incredible price of only \$1,780.00\* each. There are no mark ups, no premiums, and no dealer fees. This at-cost offer is meant to help ease the American public's transition into the safety of gold.

Global turmoil, an overpriced stock market, and the recent gold correction make this the perfect time to move into gold. Everyday citizens make the decision to move away from a declining dollar and the dangers of Wall Street toward the safety of gold. Call today to order your one ounce \$50 Gold American Eagle at dealer cost for only \$1,780.00\* each.

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AT NATIONWIDE COIN & BULLION RESERVE WE GUARANTEE THAT YOUR FIRST PURCHASE OF ONE \$50 GOLD AMERICAN EAGLE WILL ALWAYS BE AT COST AND COMPLETELY FREE OF ANY DEALER MARK UP.

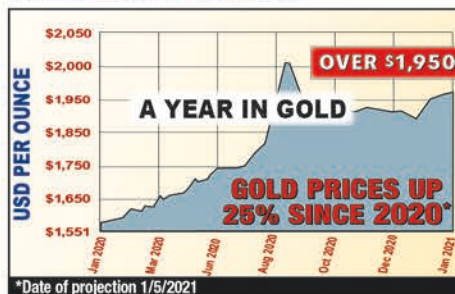
We cannot extend this invitation to the entire public. Hopefully, the lucky few who receive this offer will take advantage of this rare opportunity to learn about the safety in gold diversification.



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A close-up, slightly blurred image of the American flag, showing the stars and stripes. The flag is waving, and the colors are vibrant. The stars are white on a blue background, and the stripes are red and white.

**Right Price.**  
Shop and compare.  
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Printed nylon flags, with canvas headings and brass grommets. All flags are single-faced (correct on one side) unless otherwise noted.

	3' x 5'
Army	<b>\$16.95</b> (800.105)
Marines	<b>\$16.95</b> (800.108)
Navy	<b>\$16.95</b> (800.106)
Air Force	<b>\$16.95</b> (800.107)
Coast Guard	<b>\$16.95</b> (800.109)
Merchant Marine	<b>\$16.95</b> (800.111)
POW-MIA (Single face)	<b>\$16.95</b> (800.113)
POW-MIA (Double face)	<b>\$28.95</b> (800.123)



Army



Marines



Navy



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POW-MIA



## Space Force: Coming Soon!

(Prices Effective through November 15, 2021)

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Daytime Phone ( ) \_\_\_\_\_

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\$5.01 - \$10.00 .....	Add \$4.95	\$200.01 - \$300.00 .....	Add \$24.95
\$10.01 - \$20.00 .....	Add \$6.95	\$300.01 to \$400.00 .....	Add \$29.95
\$20.01 - \$30.00 .....	Add \$7.95	\$400.01 to \$500.00 .....	Add \$39.95
\$30.01 - \$50.00 .....	Add \$8.95	\$500.01 & Over .....	Add \$59.95
\$50.01 - \$100.00 .....	Add \$10.95		

[illegible]

Expires\_\_\_\_/\_\_\_\_/\_\_\_\_ CVV#\_\_\_\_\_ (3 or 4 digits)

Signature\_\_\_\_\_

Subtotal	1
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Packaging & Shipping <i>(refer to box at left)</i>	2
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Subtotal	3
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**Multiply Line 1 x Sales Tax**  
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## American Flags by American Legion



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Help military families  
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# Telescoping Flagpole

Simply raise one section at a time.

## Why a Telescoping Flagpole?

- The pole raises and lowers in sections, so putting your flag up or down is easy. Your pole can be raised or lowered in less than 10 seconds.
- No ropes, pulleys, or halyards to mess with...and your flag flies quietly.
- Your flag flies freely with 360° rotation collars...never tangles or knots.
- Your pole is removable...simply pull it out of the ground sleeve provided.
- Your pole never needs painting...manufactured with 16-gauge anodized aluminum.
- You can easily change flagpole locations with an additional ground sleeve...from summer home to winter home.
- 5-year manufacturer's warranty from defects.

## What Do You Get?

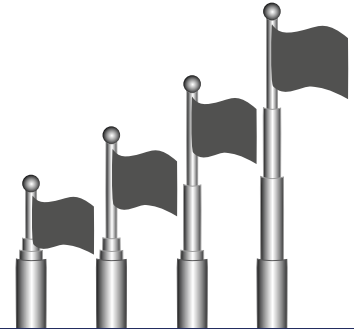
- Choice of pole sizes: 16', 20', 25'.
- Choice of colors: silver, black, bronze
- 3" aluminum gold ball.
- Double harness ring to fly 2 flags at once.
- Installation ground sleeve.

## Installation is easy!

Clip your flag to the rotation collars, then slide your pole up.  
Simply push a button to lower your pole.

### Recommended Sizes

Pole Height	Flag Size
16'	3' x 5'
20'	3' x 5'
25'	4' x 6'
30'	5' x 8'
35'	6' x 10'
40'	6' x 10'



**The pole raises and lowers in sections. Your pole can be raised or lowered in less than 10 seconds. Attach your flag to the pole, then raise the first section, the second section, etc.**

(120.111)

**\$179.00** 16' silver  
**\$209.00** 16' black  
**\$209.00** 16' bronze

**\$219.00** 20' silver  
**\$239.00** 20' black  
**\$239.00** 20' bronze

**\$269.00** 25' silver  
**\$299.00** 25' bronze  
(25' not available in black)

\*Pole diameters (measured at the bottom of the pole):  
• 2½" diameter (20' & 25' poles)  
• 2¼" diameter (16' pole)

### Optional Accessories

9" Gold Eagle  
**\$29.95** (120.111B)



Extra Ground Sleeve.  
Specify pole size (16', 20', 25')  
**\$10.95** (120.111D)

*Express Shipping of flagpoles  
will be charged actual shipping  
via credit card only.*

(Prices Effective through November 15, 2021)

Product #	Description	Price	Quantity	Subtotal

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\$10.01 - \$20.00 .....	Add \$6.95	\$300.01 to \$400.00 .....	Add \$29.95
\$20.01 - \$30.00 .....	Add \$7.95	\$400.01 to \$500.00 .....	Add \$39.95
\$30.01 - \$50.00 .....	Add \$8.95	\$500.01 & Over .....	Add \$59.95
\$50.01 - \$100.00 .....	Add \$10.95		

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Subtotal 4

Subtotal 5

Total

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